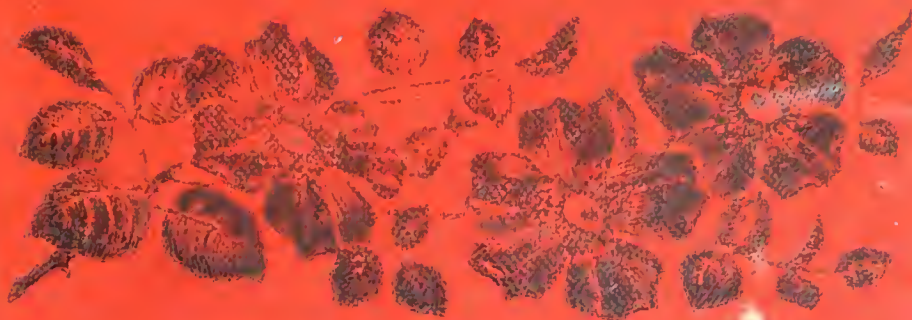




JEWISH  
Cookery Book

Miss M. A. S. TATTERSALL, M.C.A.



LONDON WERTHEIMER, LEA & CO.

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# JEWISH COOKERY BOOK

COMPILED FOR USE IN THE  
COOKERY CENTRES

UNDER THE  
School Board for London.

BY

MISS M. A. S. TATTERSALL, M.C.A.,  
GOLD MEDALLIST, ETC.

*(Superintendent of Cookery, School Board for London.)*



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1895.



DEDICATED  
BY KIND PERMISSION  
TO  
MRS. HERMANN ADLER  
AS A MARK OF RESPECT,  
BY  
THE AUTHOR.

6, CRAVEN HILL,

HYDE PARK, W.,

*April 2nd, 1895.*

DEAR MISS TATTERSALL,

I am much obliged to you for so kindly giving me the opportunity of seeing your valuable Cookery Book.

I have read it carefully, and am of opinion that the recipes are in full accordance with the requirements of our dietary code.

I am sure the book will prove very useful to the young Jewish Scholars in our Board Schools, and consequently to their parents.

Wishing you every success,

I am,

Yours faithfully,

RACHEL ADLER.



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# JEWISH COOKERY BOOK

COMPILED FOR USE IN THE COOKERY

CENTRES UNDER THE

**SCHOOL BOARD FOR LONDON.**

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## RULES TO BE OBSERVED IN KOSHERING MEAT, POULTRY, ETC. \*

1.—Among Jewish people it is a religious ordinance to remove all blood from meat, fat, etc., by placing the joint in a pan of cold water for half an hour, washing it well before removing from the water, so that no blood clots adhere to the joint. Then lay the meat on a koshering board (made of wood perforated with holes) or a basket-lid, placed in a slanting position, in order that the water may drain off, and sprinkle every part of the meat *thoroughly* with finely powdered salt. Let this remain for one hour, then wash under a tap three times with plenty of cold water, so as to remove all salt. Put the joint in a *clean* cloth and dry thoroughly.

2.—*Hearts* and *Lungs*, before being placed in the water, must be cut, to allow the blood to flow easily.

3.—*Liver* must be cut open and washed in cold water, then fried on a shovel over the fire. The blood is then well washed from it, some salt being sprinkled over it.

4.—The head and feet of an animal may be koshered with the skin or hair on them ; but with regard to the head, it must first be cut open, the brains taken out and koshered separately.

5.—Suet, or fat for clarifying, must be koshered by first removing skin and then proceed as with meat.

6.—Poultry must be drawn, and all the inside taken out, before putting in water.

\* Revised by a Jewish lady.

## PURCHASE OF MEAT AND POULTRY.

Buy all meat, poultry, sausages, suet, or fat of a Jewish butcher or poulterer, who has to remove all veins and prohibited fat, especially the kidney fat and the forbidden sinews.

Joints, etc., from the hindquarters must not be used till they have been *porged*, i.e., all forbidden veins, etc., removed.

N.B.—*Meat* and *butter* must not be mixed together in the making of dishes ; for instance, in making cakes with *butter*, the tins in which they are cooked must not be greased with *fat* or *dripping*.

## UTENSILS, ETC.

Strict care must be taken to have a double supply of all utensils, for *meat* and *butter* cooking, and puddings, etc. (made with fat or suet) must not be cooked in utensils used for cakes in which *butter* has been used.

Two tubs (or other suitable pans) must be used for washing up, one for *butter* only, the other for *meat*.

Scrubbing—*Soap* must not be used for scrubbing boards, but substitute instead silver sand and damp fullers' earth.

In the *cleaning* of all utensils (saucepans, etc.) *soap* must *not be used*.

## USEFUL HINTS.

1.—The three most important rules to be observed in the kitchen are *cleanliness*, *economy* and *punctuality*.

2.—The water in which greens, cauliflowers, or onions have been boiled should never be poured down the sink or any inside drain, on account of the unpleasant smell which arises from so doing.

3.—Chloride of lime is a good preventive against rats. Turpentine or strong camphor kept in a cupboard will often keep away mice.

4.—Should the chimney catch on fire, throw salt or sulphur on the fire, and up the chimney.

5.—A pinch of carbonate of soda added to milk in warm weather will often prevent it turning sour.

6.—A slice (or a few pieces) of bread, tied up in a piece of muslin and boiled in the water with greens or cauliflowers, will prevent any smell from them while cooking.

7.—A piece of muslin will answer the purpose of a strainer, and is also useful when boiling a small piece of fish.

8.—Lemon and orange rind *peeled* very thinly and chopped finely is more satisfactory than when *grated*.

9.—Salt, brick dust, or fine ash rubbed on burnt plates or dishes will quickly remove the stains.

10.—In cold weather it is better to cut butter with a *slightly warm* knife. This prevents the butter looking rough or jagged.

11.—A good method of testing the *heat of the oven*: Put in a piece of white paper, and if it turn colour *at once* it is the right heat for pastry; but for *cake-baking* the oven should be cooler; sprinkle a little flour on the hottest part, and if in a few minutes it turns a *golden brown colour* the oven is fit for cake-baking.

12.—To remove stains from egg spoons rub with a little dry salt.

13.—When peeling oranges put aside the peel to dry, as it is most efficacious in reviving a fire, and is especially useful in a sick-room, as it is less noisy than wood. A little sugar sprinkled on a dull fire will also speedily revive it.

14.—*Wooden* spoons should be used to stir everything, custards included; the only exceptions to this rule being *onions* and *curry*.

15.—After using pastry, fish, and onion boards, *rinse immediately* in cold water, they are then much easier to clean later on.

16.—Fish cloths should be put, *directly after use*, in cold water containing plenty of salt, as it draws out the fishy smell and keeps them soft.

17.—Pastry cooked on tin plates is lighter than if cooked on earthenware.

18.—Tea-leaves and all vegetable refuse (such as apple and potato peelings, etc.) should be *burnt*, unless they can be given to animals; *not thrown with the dust*.

19.—If a child's clothes should catch fire, roll her on the floor, and (if handy) wrap a woollen mat or rug tightly round, which will extinguish the flames.

20.—If a *jelly-bag* is not at hand, turn a chair upside down upon another, or upon a table (out of a draught), and tie a perfectly clean cloth to the four legs. After arranging it, stand a clean basin underneath, and pour boiling water through. This will be found to make a very good *substitute* for a *jelly-bag* for *straining* jellies and soups.

21.—Before using lemons, *roll them well* with the hands on a table, or place in the oven for a few minutes, as so doing softens them, and enables the juice to be more easily extracted.

### HOUSEHOLD MEASURES.

2 Teaspoonfuls	Liquid	equal 1 Dessert-spoonful
60 Drops	"	1 Teaspoonful
4 Tablespoonfuls	"	$\frac{1}{2}$ Gill
4 Gills	"	1 Pint
16 Tablespoonfuls	"	$\frac{1}{2}$ Pint
5 Wine glasses	"	$\frac{1}{2}$ Pint
1 Tumbler	"	equals $\frac{1}{2}$ Pint
1 Wine bottle	"	$1\frac{1}{2}$ Pints ( <i>about</i> )
1 Teacup	"	1 Gill
1 Tablespoonful	Flour	" 1 Ounce
1 "	Sugar	" 1 "
1 "	Bread-crums	" $\frac{1}{2}$ "
1 "	Rice or errants	" 1 "
1 "	Jam or treacle	" 2 "
1 Dessert-spoonful	Salt	" 1 "
10 Eggs ( <i>in shell</i> )	generally weigh	1 lb.
" A Pinch "		equals $\frac{1}{8}$ th Teaspoonful

(*A Pinch is as much as you can put between thumb and finger.*)

### HINTS ON CHOOSING MEAT, VEGETABLES, Etc.

*Beef.*—Beef should be a bright red colour, and the fat a cream white. The finer pieces are intergrained with veins of fat. The flesh *must be firm*, and when pressed no mark should remain. Good beef should not become moist when kept. Ox beef is best. Beef is "in season" all the year round, but in perfection during the *winter* months, because it can then be hung for a longer period previous to cooking.



*Mutton.*—Mutton should be a deep red colour, the fat a pure white, and hard—not intergrained with the lean—Small-boned old mutton is the best.

An “epicure” would say a sheep should not be killed until five years old, as it is then firm and succulent and full of rich gravy.

Mutton is “in season” all the year round.

*Fowls.*—Fowls, if young, should have smooth skins and legs, plump breasts and necks, and pliable joints and breast bones, also bright red combs.

*Pullets* are at their best in the spring.

*Geese.*—Select a goose with a plump breast, and white skin. The feet should be pliable and yellow. If the feet are *red*, the bird is old or stale. Geese are in perfection in June and July, although *Michaelmas* is considered “the time” for geese. A goose should not be eaten after it is one year old.

*Fish.*—Fish should be cooked as soon as possible after it is caught. The *eyes in fresh fish* are always bright and prominent, the gills a bright red colour, and the body stiff. In selecting *Plaice*—choose those with the brightest red spots on their backs.

*Vegetables.*—All *green* vegetables and salads should be as *fresh* and crisp as possible.

*Root* vegetables, such as potatoes, onions, carrots, turnips, parsnips, swedes, etc., will (if carefully stored) keep in good condition, until the next year's growth can be obtained.

*Fruit.*—Avoid purchasing any fruit (whether fresh or dried) that is not perfectly sound.

*Eggs.*—It is said that if the tongue be applied to the large end of an *egg*, and it feels warm, it is new laid, and can be relied upon as a fresh one.

Another test is to hold it up to a light, and if it is perfectly clear, it will be good. If there are dark spots, or the shell is not transparent, you may be sure that you are holding a bad egg.

## A FEW TERMS USED IN COOKERY.

1.—*To Break Flour*: To mix gradually in sufficient cold liquid to make it into a thick batter.

2.—*Mayonnaise*: Cold sauce or salad dressing.

3.—*Glaze*: Stock boiled down to the thickness of jelly, and used to improve the appearance of savoury dishes.

4.—*Blanch*: To place on the fire in cold water until it boils and afterwards plunging it into cold water, in order to make it white.

5.—*To Burst Rice, etc.*: To put it into cold water and bring to the boil.

6.—*To Parboil*: To boil anything until *half-cooked*.

7.—*Meringue*: A kind of icing made with whites of eggs and white sugar.

8.—*Consommé*: A rich stock or gravy.

9.—*Ragoût*: A stew or hash.

10.—*Roux*: A mixture of butter and flour used for thickening purposes.

11.—*To Bind*: To add sufficient milk or egg to any mixture in order to make it hold together.

12.—*To Shred*: To (*almost*) scrape suet or meat with a very sharp knife, after all the skin, etc., has been removed.

13.—*Crouçons*: Bread cut into pretty shapes and fried, or toast cut into dice or half-moons.

14.—*Sauté*: Fried quickly in a special pan.

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# SYLLABUS OF LESSONS FOR THE FIRST COURSE.

- Lesson 1.—Vegetable Soup. To Boil and Steam Eggs. Egg and Milk for an Invalid. Scullery Work.
- „ 2.—Irish Stew. Seed Cake. To Clarify Fat or Dripping.
- „ 3.—Shepherd's Pie. Boiled and Steamed Potatoes. Barley Water.
- „ 4.—Stewed Mutton with Turnips. Baked Apple Dumplings or Turnovers.
- „ 5.—Baked Haddock. "Roly-Poly" Jam Pudding.
- „ 6.—Pea Soup. Baking Powder. Savoury Batter.
- „ 7.—Roast Meat with Sage and Onion Stuffing. Yorkshire Pudding. Caramel.
- „ 8.—Boiled Fish with Sauce. Scones. Porridge.
- „ 9.—Meat Pie and Patties. Toast Water. Boiled Greens.
- „ 10.—Fried Fish and Potatoes. Rock Cakes.
- „ 11.—Baked Meat with Rice and Potatoes. Raw Beef Tea. Brown Bread.
- „ 12.—Meat Pudding. Lentil Soup. Lemonade.
- „ 13.—Fried Sausages. Sausage Rolls. Baking Powder Bread.
- „ 14.—Fried Liver and Onions. Fruit Tart. Gruel.
- „ 15.—Boiled Beef, Carrots, and Dumplings. Sponge Cake.
- „ 16.—Bread with Yeast. Hunter's Pudding.
- „ 17.—Broiled Chops and Steaks. Bread Pudding. Beef Tea.
- „ 18.—Poached Eggs on Toast. Stewed Figs. Boiled Custard.
- „ 19.—Leg of Beef Stew. Frimzel Soup. Apple Omelet.
- „ 20.—Tapioca, Sago, or Rice Pudding. Rice Buns. Tea or Coffee.

## *Reserve Dishes.*

Cornish Pasties  
Steamed Veg. Marrow  
Toffee

## *Passover Dishes.*

Motza Kleis  
Grimslichs  
Motza Pudding  
Sassafras  
Pancakes

## *Season Dishes.*

Pancakes and Toad-in-Hole  
Marmalade  
Jam  
Plum Pudding  
Mincedmeat  
Peas and Kleis

# RECIPES.

## FIRST COURSE.

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### LESSON I.

- 1.—Vegetable Soup.
  - 2.—Egg and Milk for an Invalid.
  - 3.—To Boil and Steam Eggs.
- Scullery Work (*See page 8*).
- 

#### 1.—VEGETABLE SOUP.

*Ingredients*:—4 large potatoes.

1 large carrot.

1 small turnip.

1 oz. dripping.

1 onion.

1 teaspoonful brown sugar (if liked).

A strip of celery (or a few celery seeds).

Salt and pepper to taste.

3 pints of boiling water.

2 tablespoonfuls of pearl barley.

*Method*:—Prepare all the vegetables and place them in clean, cold water as ready, with the exception of the onion, which must be peeled, also parboiled. When all are prepared, cut into dice; then melt the dripping in an iron saucepan, add the vegetables and simmer for about 10 minutes, stirring frequently, in order to prevent burning. Add the water, salt, and again simmer for 1 hour, or until the vegetables are tender. Thicken with barley, which should be added half an hour before the soup is finished, skim off the fat, and if liked, a table-

spoonful of chopped parsley can be sprinkled in when the soup is ready for serving. Season to taste.

N.B.—(1) This soup may be improved by straining it through a wire sieve or colander into a basin (before adding the barley) and rubbing the vegetables through with a wooden spoon. Then pour the whole back into the saucepan, add the barley and let it all cook gently for half-an-hour, and serve with toasted bread.

(2) Any vegetable in season can be added to this soup.

(3) It is better to add more pepper at the last, as it loses its flavour with long cooking.

---

## 2.—EGG AND MILK FOR AN INVALID.

*Ingredients*.—1 new laid egg (or a very fresh one).

$\frac{1}{2}$  glass of milk (1 gill).

1 tablespoonful of water.

Sugar to taste.

*Method*.—Crack the egg in a tumbler, remove the cord, add the water, and beat up very thoroughly; warm the milk in a clean enamelled saucepan, sweeten to taste, and add gradually to the egg.

N.B.—A tablespoonful of brandy or a little lemon juice is a great improvement.

---

## 3.—TO BOIL AND STEAM EGGS.

*Method*.—*To boil eggs*. Place the eggs carefully in a saucepan of boiling water sufficient to cover them, boil them gently for  $3\frac{1}{2}$  minutes.

*Method*.—*To steam an egg*. Put the egg in a saucepan of boiling water, cover with the lid and move it at once from the fire, let it stand on the hearth for about 6 minutes.

If more than one egg be cooked in this way allow a longer time as each additional egg tends to lower the degree of heat. For instance, for five eggs allow 10 minutes. New laid eggs take a minute or two longer. By this method a few minutes longer cooking will not make them harder as the heat will be decreasing all the time.

## LESSON II.

1.—Irish Stew.

2.—Seed Cake.

3.—To Clarify Fat or Dripping.

## 1.—IRISH STEW.

*Ingredients*:—1 lb. "pieces" of mutton.  
 2 lbs. potatoes.  
 $\frac{1}{2}$  lb. onions, or to taste (parboiled).  
 $\frac{1}{2}$  pint hot water.  
 Salt and pepper to taste.

*Method*:—Cut the pieces of meat into neat slices, peel and cut the onions into rings; place these in the saucepan with the water, salt and pepper, and simmer very gently one hour, keeping well skimmed. Cut the potatoes into slices (after peeling and parboiling them), or leave them whole as preferred, place them on top of the meat, and simmer slowly  $\frac{1}{2}$  hour, stirring occasionally to prevent burning. When the meat is tender, dish it neatly in the centre of a hot dish, with the onions, arrange the potatoes round, pour over the gravy, and it is then ready to serve.

## 2.—SEED CAKE.

*Ingredients*:—10 oz. flour.  
 2 oz. butter.  
 2 oz. sugar.  
 1 egg.  
 2 teaspoonfuls earaway seeds.  
 $1\frac{1}{2}$  teaspoonfuls of baking powder.  
 About one gill of milk.  
 A pinch of salt.  
 1 oz. candied peel (shredded finely.)

*Method*:—Grease a cake-tin, beat the butter and sugar together in a basin to a cream with a wooden spoon, beat the

egg and add it to the butter, next add the dry ingredients (except the baking powder) and the milk by degrees, beating well all the time. Add sufficient milk to make it a rather moist mixture, put in the baking powder and then beat again. Put the mixture into the tin and bake in a hot oven about  $\frac{3}{4}$  hour.

---

### 3.—TO CLARIFY FAT.

*Ingredients*:—Scraps of fat cooked or uncooked.

Cold water.

*Method*:—Take any scraps of fat from beef, mutton, or veal and cut into small pieces, place them in an old iron saucepan with just enough cold water to cover them, leave the lid off and boil gently about 1 hour, or until the water has quite evaporated and the pieces of fat are dried up. Strain the fat into a basin for use.

N.B.—Mutton fat is harder than beef fat, and is better for frying purposes; beef fat is better for pastry.

---

### 3.—TO CLARIFY DRIPPING.

*Ingredients*:—Dripping.

Boiling Water.

*Method*:—Place the dripping in a saucepan with sufficient water to cover it well; let it boil fast about 20 minutes; then pour the whole into a basin or jar; let it stand until it is cold and the dripping firm. Lift off the cake of clarified dripping with a knife, scrape away any sediment at the bottom and wipe dry. A little soda should be added if the fat is at all burnt.

N.B.—(1) It is sometimes difficult in hot weather to get the dripping firm; the jar should then be placed (when cooling) in a bowl of cold water.

(2) If the clarified dripping be beaten to a cream it is very good for short pastry.

---

## LESSON III.

- 1.—Shepherd's Pie.
  - 2.—Boiled and Steamed Potatoes.
  - 3.—Barley Water.
- 

## 1.—SHEPHERD'S PIE.

*Ingredients* :—About  $1\frac{1}{2}$  lbs. cold meat (any scraps).  
 About 2 lbs. cooked potatoes (warm).  
 A little dripping.  
 A little flour.  
 Salt and pepper to taste.  
 Hot gravy, bone stock, or water.  
 A small onion (scalded).  
 Two medium-sized tomatoes.

*Method* :—Mix the flour, salt, and pepper on a plate, cut the meat in neat pieces, and dip into this seasoning. Wipe and slice the tomatoes, also chop the onion finely. Mash the potatoes by beating them well with a fork, and add sufficient dripping to make them moist, also a little salt. Fill the dish with alternate layers of meat, tomatoes and onion, then pour in enough gravy, stock, or water to half-fill the dish. Arrange the potatoes on the top to form a crust, and ornament as liked. Bake in a hot oven about 20 minutes.

N.B.—(1) Should the top of the pie not become sufficiently coloured in the time mentioned, brown it in front of the fire, as it is only necessary that the meat should be warmed through.

(2) If time permit, make bone stock.

---

## BONE STOCK.

*Ingredients* :—Cooked or uncooked bones.  
 1 earrot.  
 Cold water.  
 1 onion stuck with 4 cloves.  
 1 teaspoonful salt  
 1 teaspoonful sugar } to 2 quarts water.



*Method* :—Put the onion, carrot, sugar and salt into a large saucepan with the bones, which should be chopped a little, and cover with cold water. Simmer for 5 or 6 hours taking off the scum as it rises. When the bones look dry and full of little holes, the goodness has all been extracted. Strain the stock into a basin, and when cold remove all the fat. It is then ready for use.

N.B.—This will do for soups, stews, hashes and gravies.

## 2.—BOILED AND STEAMED POTATOES.

*Ingredients* :—2 lbs. potatoes.

Boiling water.

1 tablespoonful salt.

*Method* :—Wash and peel the potatoes thinly, then wash again in cold water; put them into a saucepan with enough water to cover, adding the salt. Put the lid on, and boil them gently to prevent them breaking. After about  $\frac{1}{2}$  hour try them with a skewer or fork, and if they can be pierced easily they are done. Strain and shake them; then put the saucepan near the fire for about 10 minutes, leaving a clean soft cloth on the top to absorb the steam.

Potatoes can be *steamed* at the same time as others are boiling, by having a steamer to fit the saucepan and placing more potatoes (when peeled and washed) into the steamer with the salt, so that the steam which rises from the boiling water in the saucepan, cooks those in the steamer.

Potatoes take longer to steam than to boil. Put the lid of the saucepan on top of the steamer.

## 3.—BARLEY WATER.

*Ingredients* :—2 ozs. pearl barley.

1 pint boiling water.

Lemon rind and sugar to taste.

*Method* :—Well wash the barley and put it into a jug with the thinly-shred lemon rind and sugar. Pour on one pint of boiling water, and when cold, strain for use.

N.B.—If acids can be taken, lemon (or orange) juice is a great improvement.

## LESSON IV.

## 1.—Stewed Mutton and Turnips.

## 2.—Baked Apple Dumplings and Apple Turnovers.

## 1.—STEWED MUTTON AND TURNIPS.

*Ingredients* :—2 lbs. mutton.  
 3 lbs. turnips.  
 1 onion.  
 $\frac{1}{2}$  teaspoonful pepper.  
 $\frac{2}{2}$  teaspoonfuls salt.  
 A little ground ginger.  
 $\frac{3}{4}$  pint of hot water.

*Method* :—Cut the meat into nice-sized pieces and put them into a stewpan with the seasoning and water. Remove the scum as it rises. Prepare the vegetables and cut them into quarters, add them to the other ingredients and let it simmer for about 3 hours.

## 2.—BAKED APPLE DUMPLINGS OR TURNOVERS.

*Ingredients* :—12 oz. Flour.  
 4 oz. dripping.  
 $\frac{3}{4}$  teaspoonful of baking powder.  
 A pinch of salt.  
 Sufficient cold water to make a stiff paste.  
 6 apples.  
 Moist sugar and cloves to taste.

*Method* :—*Short Pastry*. Beat the dripping in a basin with a knife until it is quite soft ; add the flour, baking-powder, and salt, then rub all quickly and lightly together. Add the water very carefully, and let the paste be quite dry and crumbling ; turn it on to a floured board, roll it once only before using it, and bake in a hot oven at once.

N.B.—(1) Pastry or cakes containing baking powder should be baked at once or the baking powder will lose its power.



(2) Beating the fat makes the paste very short, and, when dripping is used, also purifies it from any dripping flavour, by the introduction of air while beating it.

(3) When the fat is rubbed into the flour, very little rolling is required.

(4) For sweet dishes a tablespoonful of white sugar is an improvement.

*For Apple Dumplings:—*

Divide the paste into six portions, or as required. Peel and core the apples without quartering them, fill the centre of each with moist sugar and one clove. Place an apple in the centre of the paste and work the piece of paste round it till quite covered and smooth; do the same with all six. Grease a tin, place the apple dumplings on it, and bake in a hot oven about  $\frac{1}{2}$  hour or according to size.

N.B.—(1) For a change the dumplings can be steamed in a steamer.

(2) When cloves are not liked, a little candied lemon peel or raisins or figs can be chopped and used instead.

*For Turnovers:—*Quarter, core, and cut up the apples, roll and cut out the paste into rounds as liked. On one half of the paste put the apples, a little sugar and a clove if liked, turn the other half over wet, and press the edges together, finishing them neatly. Jam or marmalade can be used for a change.

## LESSON V.

### 1.—Baked Haddock.

### 2.—Roly-Poly Jam Pudding.

#### 1.—BAKED HADDOCK.

*Ingredients:—*1 Fresh haddock.

2 tablespoonfuls of bread-crumbs.

1 tablespoonful of chopped parsley.

1 teaspoonful of mixed herbs (chopped).

Salt and pepper to taste.

2 oz. butter.

1 egg.

*Method* :—Wash the fish clean, and dry it on a cloth ; take the eyes out. Mix the bread-crumbs with the chopped parsley and herbs, add salt and pepper to taste ; then add the egg beaten, to bind the mixture together. Stuff the stomach of the fish with this mixture and sew or skewer it up ; tie it in a nice shape and dredge it with salt, pepper, and flour. Melt the butter in a baking tin, put in the fish, and bake about  $\frac{1}{2}$  hour in a hot oven, basting it frequently. When done place it on a hot dish, draw out the string or skewers, and serve plain or with brown gravy. Garnish with parsley.

N.B.—(1) For a change the haddock could be boned, stuffed, and rolled up.

(2) A few bread-crumbs sprinkled on the top of the fish is an improvement, or browned bread-crumbs or raspings.

### BROWN GRAVY FOR HADDOCK.

*Method* :—Pour the butter from the tin, sprinkle a little flour into it, brown it in the oven, and then pour on a little hot water. Stir it well and put it back into the oven to boil ; strain and serve with the fish.

### BROWNEB BREAD-CRUMBS OR RASPIINGS.

*Method* :—Any scraps of dry bread and crusts can be made into brown bread-crumbs by putting them on a baking-sheet or tin, and then into the oven until they are evenly browned. Then crush them on a board with a rolling-pin, and shake them through a wire sieve, rolling again those that are not fine enough to go through. Put them into a tin and keep in a dry place ready for use.

N.B.—If there be no sieve any fine strainer will do.

## 2.—ROLY-POLY JAM PUDDING.

*Ingredients* :—

<i>Suet Paste.</i>	{	10 oz. flour.
		2 oz. bread-crumbs.
		4 oz. suet.
		1 small teaspoonful of baking powder.
		About $1\frac{1}{2}$ gills cold water.
		$\frac{1}{4}$ teaspoonful of salt.
		About $\frac{1}{2}$ lb. of jam.

*Method* :—Shred and chop the suet very finely, using a little of the flour to prevent the suet from sticking to the knife. Put the flour into a basin and add to it the chopped suet, salt, and baking powder. Mix all together, then add sufficient cold water by degrees to make the paste stiff enough for rolling out, turn it on to a floured board and roll out very thinly; take the jam and spread it well over the paste half an inch from the edge, then wet the edges, roll the paste up, and press the ends together. Take a pudding-cloth and wring it out in warm water, sprinkle a little flour over it, and place the pudding in the middle with the join downwards; roll the cloth round and tie up the ends securely with string, leaving room for the pudding to swell. Put it into a saucepan of boiling water, and boil for 2 hours; when done turn the pudding out of the cloth on to a hot dish.

This pudding could also be made with dripping instead of suet, then *baked* for about 1 hour.

## LESSON VI.

- 1.—Pea Soup.
- 2.—Baking Powder.
- 3.—Savoury Batter.

### 1.—PEA SOUP.

*Ingredients* :—1 quart of split peas.  
 2 quarts of cold water.  
 2 pennyworth of cooked or uncooked bones.  
 $\frac{1}{2}$  oz. dripping.  
 2 onions (parboiled).  
 1 carrot.  
 1 turnip.  
 1 strip of eelery.  
 Salt and pepper to taste.  
 Mint and toast.

*Method* :—Wash the peas, put them in a basin with 2 quarts of water to soak overnight. Put the water and peas in a saueepan with the bones, salt, and dripping, and bring all very gently to the boil ; skim it well. Prepare the vegetables and cut them into small squares ; when the soup boils, add them and simmer very gently about 2 hours, stirring oecasionally. Then take out the bones and rub the soup through a colander or sieve, return the soup to the saueepan, season to taste, and let it boil up again ; it is then ready for serving. Serve with dried mint and toast cut into dice.

N.B.—If the peas are not too old they will sometimes cook without soaking.

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## 2.—BAKING POWDER.

*Ingredients* :— $\frac{1}{2}$  lb. corn-flour (or ground rice).  
 $\frac{1}{4}$  lb. earbonate of soda.  
 $\frac{1}{4}$  lb. tartarie acid.

*Method* :—Mix all the ingredients together, crush out the lumps with a rolling-pin, and pass them through a sieve or strainer. Then put the powder into a bottle or canister and keep it well corked.

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## 3.—SAVOURY BATTER.

*Ingredients* :—8 oz. flour.  
 1 pint of water.  
 3 eggs.  
 2 tablespoonfuls chopped parsley.  
 1 teaspoonful thyme and marjoram (mixed).  
 About  $\frac{3}{4}$  lb. scraps of cold meat.  
 1 oz. dripping or scraps of fat.  
 Salt and pepper.  
 A pinch of baking powder.

*Method* :—Make a batter in the usual way with the flour, water, and eggs, and set it aside to swell. Chop the meat finely after removing any fat, skin, or gristle, dredge it with flour and mix with it the parsley, herbs, salt, and pepper. Put it into the batter with the baking powder, and beat the whole well. Melt the fat in a pie-dish, pour the mixture in, and bake

about  $\frac{3}{4}$  hour (or until the batter is cooked). Put in a hot oven at first to raise the batter, and then cook more slowly, lest the meat should get hard. When done, slip a knife round it, and turn it on to a hot dish. If liked, serve with brown gravy.

N.B.—(1) Almost any scraps of fat can be mixed together for this dish.

(2) Any scraps of fat taken from the meat should be melted and used instead of dripping.

## LESSON VII.

1.—Roast Meat (with Sage and Onion Stuffing).

2.—Yorkshire Pudding.

3.—Caramel.

### 1.—ROAST MEAT (WITH SAGE AND ONION STUFFING).

*Ingredients* :—4 lbs. mutton.

Salt and pepper to taste.

*Stuffing* :—

1 onion.

1 teaspoonful of sage.

2 tablespoonfuls of bread-crumbs.

1 oz. dripping.

Pepper and salt to taste.

*Method* :—Boil the onion and chop it finely; melt the dripping, dry the sage, and powder it; add pepper and salt to taste. Mix all the ingredients thoroughly; make an opening in the meat and put in the stuffing, sprinkle the meat with salt and pepper, and roast.

When dishing up pour the dripping out of the pan and set it aside. Add one pint or more of boiling water to the brown particles in the pan and put it in the hottest part of the oven to boil. Pour this gravy over the meat and serve.

## 2.—YORKSHIRE PUDDING.

*Ingredients* :— $\frac{1}{2}$  lb. flour.  
                   3 eggs.  
                   1 pint water.  
                   A pinch of salt.  
                   Dripping.

*Method* :—Mix the flour and salt in a basin, break the eggs into another basin one at a time, make a hole in the centre of the flour, drop in the eggs, add half the water by degrees, mixing from the centre into a smooth batter. Beat well and stir in the rest of the water, let it stand an hour, if possible, before it is cooked. Cover the bottom of the baking-tin with hot fat, pour in the batter and bake in a hot oven about  $\frac{1}{2}$  hour, or before the fire if roasting meat. When done cut into squares and serve on a hot dish.

N.B.—This recipe will also do for a plain boiled batter pudding, and could be varied by the addition of  $\frac{1}{4}$  lb. currants or sultanas.

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 3.—CARMEL.

*Ingredients* :— $\frac{1}{4}$  lb. lump sugar.  
                   1 quart of water.

*Method* :—Put the sugar in an old iron saucepan with a tablespoonful of water, and stir over a slow fire until it becomes a golden brown colour; then draw it aside and let it cook slowly until it is almost black, but without being in the least burnt. It will take quite  $\frac{1}{2}$  hour. Pour a quart of cold water over it and boil for about 10 minutes, or until the sugar is dissolved, stirring occasionally. Then let it get quite cold, strain into a bottle, and it is then ready for use. This mixture will keep for years if kept in a well-corked bottle, and in a dry place. One tablespoonful of this colouring will colour half a pint of liquid, and there will be no chance of an unpleasant flavour being imparted to the gravy or sauce.

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## LESSON VIII.

- 1.—Boiled Fish with Sauce.
  - 2.—Scones.
  - 3.—Porridge.
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## 1.—BOILED FISH WITH SAUCE.

*Ingredients* :—2 or 3 lbs. of any kind of fish.  
 1 pint hot water.  
 1 tablespoonful vinegar (if liked).  
 1 teaspoonful salt.  
 6 peppercorns.

*Method* :—First clean and well wash the fish. If it be a whole one, take out the eyes and scrape off the scales. Cut off the fins and put them in the water in which the fish is to be cooked. Let the water just come to the boil, put the fish into it gently, then draw the saucepan or kettle to the side, and let it cook very gently indeed. At the end of about 10 minutes try it with a skewer or knitting-needle, and should the flesh separate easily from the bone it is done. Take it up carefully at once, for if left in the water it will fall to pieces, besides losing its flavour. Serve the fish on a hot dish, on a folded napkin, or cut paper.

*Sauce* for the fish can be made as follows :—

*Ingredients* :—1 tablespoonful of flour.  
 1 oz. butter.  
 $\frac{1}{2}$  pint of water in which the fish has been cooked.

*Method* :—Put the butter into a saucepan, over the fire, to melt, add the flour and stir away from the fire until it is smooth; then by degrees add the  $\frac{1}{2}$  pint of fish water and stir again over the fire, until it boils and thickens. Season to taste.

N.B.—(1) This foundation can be flavoured with a little anchovy sauce or a teaspoonful of finely chopped parsley.

(2) Salmon must be put into sufficient boiling water to quite cover it, in order to preserve its colour, and close in its nutritive properties.

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## 2.—SCONES.

*Ingredients* :—1 lb. flour.

2 oz. butter.

2 oz. castor sugar (if liked).

{  $\frac{1}{2}$  oz. cream of tartar.

{  $\frac{1}{4}$  oz. carbonate of soda

(or 1 tablespoonful of baking powder).

About  $\frac{1}{2}$  pint of milk.

$\frac{1}{4}$  teaspoonful of salt.

*Method* :—Mix the flour and salt together in a basin, rub the butter in; mix into it the sugar and cream of tartar. Dissolve the soda in the milk, add it to the flour, making it into a rather moist paste, then form it into a round about 1 inch thick; flatten with the palm of the hand, cut slightly across each way with a knife, but not quite through. Place them on a greased baking-sheet and bake about  $\frac{1}{2}$  hour. When half done, brush them over with milk and sugar mixed together.

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## 3.—PORRIDGE.

*Ingredients* :—About 2 oz. coarse oatmeal.

1 pint boiling water.

$\frac{1}{2}$  teaspoonful of salt.

*Method* :—Boil the water, put in the salt while the water continues boiling, then gradually sprinkle in the oatmeal with one hand, and stir continually with the other, until it boils. Simmer gently about 1 hour, stirring frequently to prevent it burning. Pour it smoothly on to a plate and serve with milk, sugar, or treacle.

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## LESSON IX.

1.—Meat Pie and Patties.

2.—Toast Water.

3.—Boiled Greens.

## 1.—MEAT PIE AND PATTIES.

*Ingredients* :—About 10 oz. beef steak or skirt.  
 2 oz. bullock's kidney.  
 1 tablespoonful of flour.  
 1 teaspoonful of salt.  
 $\frac{1}{4}$  teaspoonful of pepper.  
 Water.

Short paste (*see page 20*).

*Method* :—Cut the meat into thin pieces, put the flour, salt, and pepper on to a plate, mix them together, and dip the meat into it. Place it in a pie-dish, and half fill the dish with water. Wet the edge of the dish, cut off a strip of paste and place round the edge; damp the strip of pastry, and put the remaining paste over the pie; trim off the rough edges with a sharp knife. Make a hole in the centre for the steam and gas to escape, ornament as liked, and bake in a hot oven at first (about 20 minutes) to make the crust light, then cook it more slowly (about 1 hour) to make the meat tender.

*For Meat Patties* :—Cut the meat into very small pieces, dip into the flour, salt and pepper mixed together. Grease some patty pans with dripping, line them with paste, and put a little of the meat into each, and a very little water or gravy; cover with paste, trim the edges neatly, and bake half-an-hour.

## 2.—TOAST WATER.

*Ingredients* :—A piece of bread crust.  
 $\frac{3}{4}$  pint cold water.

*Method* :—Toast the bread brown on all sides, until

thoroughly dried. Put it into a jug, and pour on it  $\frac{3}{4}$  of a pint of cold water. Cover it over and let it stand for half-an-hour. Strain into a jug or clean glass and the water is ready for use.

N.B.—(1) The crumb of bread should not be used, as it would turn sour.

(2) Apple water mixed with toast water makes a very nice drink.

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### 3.—BOILED GREENS.

*Ingredients* :—Greens.

Plenty of boiling water.

1 tablespoonful of salt	} to each 2 quarts
1 desertspoonful sugar	

*Method* :—Remove the outside leaves and cut the stalks across. The stalks of savoys, cabbages, and cauliflowers need cutting twice across. Then wash in cold water several times, and if not quite fresh, leave them in the last water about 20 minutes. Cook in a large saucepan with plenty of boiling water. Green vegetables should be boiled in soft water if obtainable. Water can be softened to a certain extent by boiling for half-an-hour or so before the vegetables are put into it.

Any scum that may rise on the water while the vegetables are cooking can be taken off with an iron spoon. Cook them gently after they come to the boiling point, and when tender strain them at once (for as soon as they are soft they absorb the water again, and become unwholesome); press them dry in a colander. The time for cooking depends more on the age than size. Young fresh vegetables require less cooking than older ones, and vary from 20 to 40 minutes.

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## LESSON X.

1.—Fried Fish and Potatoes.

2.—Rock Cakes.

## 1.—FRIED FISH AND POTATOES.

*Ingredients* :—2 or 3 lbs. fish.

1 egg.

2 tablespoonfuls of flour.

2 teaspoonfuls of salt.

Frying oil.

Parsley.

1 lb. potatoes.

*Method* :—Clean the fish and cut it up as required, sprinkle it with salt and leave it for a few minutes, then wipe it on a cloth. Put the oil in to a frying-pan, heat it gradually; beat up an egg and put the flour on to a plate, dip the fish first into the flour, and then into the egg. When the oil has reached the right temperature, fry the fish gently until it is a golden brown. If the pan is not deep enough to hold sufficient oil for covering the fish then turn it, frying for about five minutes on each side, or until a skewer goes through the flesh easily. Place the fish on soft paper on a basket-lid to drain, then arrange it on a wet paper on a dish, and garnish with fried or raw parsley.

N.B.—If liked the fish could be dipped in batter and then fried; this method is cheaper.

*Method* :—*To fry Potatoes*.—After washing and peeling, pare the potatoes thinly round and round like an apple, or cut them in slices or oblong pieces; do not wash them again, but rub them well on a cloth and fry a few at a time in the hot oil. When nicely browned, drain them on paper as usual, but do not sprinkle salt on them or they will be soft.

*To fry Parsley*.—Wash the parsley, shake it in a dry cloth, pick off the large stalks and move the pan to the side of the fire, fry a few seconds only, as it very quickly burns, and drain it well before putting it on the fish.

## 2.—ROCK CAKES.

*Ingredients* :— $\frac{1}{2}$  lb. flour.  
 2 oz. butter.  
 2 oz. currants.  
 2 oz. sugar.  
 About  $\frac{1}{4}$  gill milk (or water).  
 1 egg.  
 1 oz. peel.  
 1 teaspoonful of baking powder.  
 A little grated nutmeg (if liked).

*Method* :—Grease a baking-tin, put the flour into a basin, rub the butter into it until it looks like fine bread-crumbs, clean the currants, cut up the peel and put them into the basin with the salt, sugar, nutmeg and baking powder, mix well together. Beat up the egg, add the milk to it, and mix with the dry ingredients to make a stiff paste, or the cakes will not be rocky in appearance. Drop the mixture with two forks on to the tin in little rough heaps, and bake in a quick oven about 15 minutes.

N.B.—The exact quantity of milk or water cannot be given, because the flour varies in the amount it absorbs according to its quality. Good flour absorbs more moisture than poor flour.

## LESSON XI.

- 1.—Baked Meat, Rice and Potatoes.
- 2.—Raw Beef Tea.
- 3.—Brown Bread.

## 1.—BAKED MEAT, RICE AND POTATOES.

*Ingredients* :—3 lbs. beef or mutton.

$\frac{1}{2}$  lb. rice.

4 lbs. potatoes.

Pieces of fat.

Salt and pepper to taste.

*Method* :—Wash the rice, put it into a Yorkshire pudding tin with about 1 pint of hot water, 1 teaspoonful of salt, and cook it in the oven until the rice has absorbed nearly all the water. Prepare the potatoes, halve them lengthways, place them on top of the rice, sprinkle over them salt and pepper also some small pieces of fat or dripping.

Put some pepper and salt on the meat and place it on a trivet in the tin, and bake in a hot oven until all is done.

When all is cooked, take up the meat and put it on a hot dish.

Serve the rice and potatoes in vegetable dishes.

## 2.—RAW BEEF TEA.

*Ingredients* :— $\frac{1}{2}$  lb. gravy beef or steak.  
 $\frac{1}{2}$  pint cold water.  
 A pinch of salt.

*Method* :—Take away the skin and fat from the meat and shred it very finely, put it into a basin or jar with the salt and water, let it stand 2 hours, and then strain.

N.B.—If allowed, a few drops of lemon juice may be added.

## 3.—BROWN BREAD.

*Ingredients* :—2 lbs. wholemeal.  
 1 oz. German yeast,  
 (or 2 tablespoonfuls of brewers' yeast.)  
 1 pint tepid water, or as required.  
 1 small teaspoonful of salt or to taste.  
 1 small teaspoonful of sugar.

*Method* :—Put the wholemeal into a basin, mix the salt with it, and make a well in the middle. Put the yeast and sugar into another basin and work with a spoon to a smooth paste, then add the water gradually to prevent lumps. Pour this into the well, work the wholemeal in gradually, making it into a light dough. Cover the basin with a cloth and set it in front of the fire to rise for 1 hour. Make it into loaves the size required, letting them rise about  $\frac{1}{2}$  hour, and bake in a hot oven. Time according to size.

N.B.—(1) More yeast is required than for white bread

because the wholemeal is heavier, and it should be made more moist, as it swells more.

(2) The sugar is not a necessity for bread, but is useful as a test for the yeast.

(3) Very nice bread can be made by using equal quantities of wholemeal and household flour.

## LESSON XII.

### 1.—Meat Pudding.

### 2.—Lentil Soup.

### 3.—Lemonade.

#### 1.—MEAT PUDDING.

*Ingredients* :—1 lb. of beef steak, or  
 $\frac{3}{4}$  lb skirt, and  $\frac{1}{4}$  lb. kidney or leg of beef.  
 1 gill water.  
 1 tablespoonful flour }  
 $\frac{1}{4}$  teaspoonful pepper } for seasoning.  
 1 teaspoonful salt }  
 Suet paste (*see page 22*).

*Method* :—Cut the meat into slices and dip into the seasoning. Grease a basin ( $1\frac{1}{2}$  pint size), roll the paste out and line the basin with it, reserving a piece for the top. Place the meat and water in the basin, roll out the remaining piece of paste to the size required for the top, wet the edge of the lining, cover it, press the edges together, and trim neatly. Wring the pudding-cloth out in boiling water, flour it, and tie over the top of the basin with the four tied corners over the top to form a handle. Put the pudding into a saucepan of boiling water and let it boil from 2 to 4 hours. Turn the pudding out of the basin on to a hot dish.



## 2.—LENTIL SOUP.

*Ingredients* :—1 pint lentils.  
 1 carrot.  
 1 onion (parboiled).  
 Celery strips, leaves or seeds to taste.  
 1 oz. dripping.  
 3 pints cold water.  
 Salt and pepper to taste.

*Method* :—Soak the lentils overnight after washing them. Melt the dripping in a saucepan, cut up the onion and celery, and put them with the lentils into the saucepan ; simmer over the fire 5 minutes, stirring sometimes to prevent burning ; add the water, stir well and simmer from 1 to 2 hours, or until quite soft. Pour the soup through a wire sieve or colander, rubbing the vegetables through with a wooden spoon, return the soup to the saucepan, season to taste, and let it boil up before serving.

N.B.—(1) This soup is very good without passing it through a sieve if cooked long enough.

(2) Water in which meat has been boiled is preferable for this soup.

## 3.—LEMONADE.

*Ingredients* :—1 large lemon.  
 1 pint boiling water.  
 1 tablespoonful sugar, or to taste.

*Method* :—Peel the lemon very thinly, cut off all the white pith and slice it, taking out the pips. Put the rind and slices into a jug, add the boiling water also sugar ; cover, and let it stand for several hours—all night is not too long. More sugar may be added as required, and if liked it may be strained into another jug.

## LESSON XIII.

- 1.—Fried Sausages.
- 2.—Sausage Rolls (with Flaky Pastry).
- 3.—Baking-Powder Bread.

## 1.—FRIED SAUSAGES.

*Ingredients* :— $\frac{1}{2}$  lb. sausages.  
About 1 oz. dripping.

*Method* :—Prick the sausages in order to prevent bursting. Just melt the dripping in a frying-pan before it becomes hot, put in the sausages, shake the pan to prevent them sticking, let them get hot slowly ; turn them until they are brown all over. Cook them for about 10 minutes.

N.B.—(1) If the sausages are fresh (composed entirely of meat), and heated slowly, they will not break ; therefore need not be pricked, and thus all the gravy will be retained ; but if they contain bread (as they often do), they must be pricked, as the bread swells and causes them to burst.

They can be served on toast or mashed potatoes, or on pieces of bread fried in the fat, and if liked, brown gravy served with them.

(2) If sausage meat is preferred, make it into round cakes on a floured board, just using enough flour to prevent them sticking, and fry in the same way.

## 2.—SAUSAGE ROLLS (WITH FLAKY PASTRY).

*Ingredients* :—1 lb. sausages or cold meat (chopped and seasoned).

Flaky pastry.

1 Egg.

*Method* :—Boil the sausages for 5 minutes, let them cool and take off the skins, then cut them in halves. Cut the paste into pieces 5 inches square, place half a sausage (or



seasoned meat) on each piece, wet the edge, and fold the paste over, bringing the join at the top, and mark with the back of the knife. Beat up the egg in a basin, brush over the sausages, and bake in a hot oven for about  $\frac{1}{2}$  hour. Serve hot or cold.

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### FLAKY PASTRY.

*Ingredients* :— $\frac{3}{4}$  lb. flour.  
6 oz. dripping.  
About  $1\frac{1}{2}$  gills cold water.  
A pinch of salt.

*Method* :—Mix the flour and salt in a basin, rub one-third of the fat into it. Add the water gradually, and form into a stiff paste; turn on to a floured board, and roll it into a long strip. Divide the remainder of the fat into three; put one portion on the paste, in small pieces with the point of the knife, dredge lightly with flour, fold it evenly in three, turn it round and roll it out; fold and roll again twice, using one-third of the fat each time. Then fold and roll once without fat. It is then ready for use.

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### 3.—BAKING-POWDER BREAD.

*Ingredients* :— $\frac{1}{2}$  lb. flour.  
 $\frac{1}{2}$  teaspoonful baking powder.  
 $\frac{1}{4}$  teaspoonful salt, or to taste.  
Sufficient cold water to make it into a moist dough.

*Method* :—Mix the dry ingredients well together in a basin, add the water quickly, mixing with a wooden spoon until it is a moist dough, then beat well until smooth. Divide the dough into three pieces, knead them as quickly as possible into small loaves. Bake on a floured baking sheet from 10 to 15 minutes, or in tins for  $\frac{1}{2}$  hour, in a very hot oven.

N.B.—This kind of bread should be mixed quickly and handled as little as possible. The dough should be made more moist than for yeast bread. Some people can digest this kind of bread more easily.

## LESSON XIV.

- 1.—Fried Liver and Onions.
  - 2.—Fruit Tart.
  - 3.—Gruel.
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## 1.—FRIED LIVER AND ONIONS.

*Ingredients* :—1 lb. sheep's or calf's liver.

Dripping.

1 tablespoonful flour.

Salt and pepper.

1 gill water or bone stock.

1 onion.

*Method* :—Dry the liver and cut into slices about one-third of an inch, not thinner. Mix the flour with a little salt and pepper on a plate; dip each piece of liver into it, covering it well to protect it and prevent it from getting hard, yet shaking off any loose flour which will burn. Heat the dripping in the frying-pan, then fry the liver (one piece must not be on top of the other) about 15 minutes, turning it occasionally. Liver must be well cooked, as it is a very close meat, and must not be red when cut. Arrange it in the middle of the dish, and keep it hot. Peel and slice the onion, fry it brown with or after the liver, and put it on top. Put the remainder of the flour into the frying-pan, stir it well until brown, add the stock; stir it again until it boils, then pour round the liver.

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## 2.—FRUIT TART.

*Ingredients* :—1½ to 2 lbs. fresh fruit.

A little moist sugar for sweetening the fruit.

Short or flaky pastry.

*Method* :—Before commencing to make the crust for the tart, the fruit should be prepared and arranged in a dish. Put a good layer of fruit in the dish, then a little sugar (if an

apple tart, flavour with a few cloves or shred a little lemon rind amongst the apples) then another layer of fruit, but always keep the top layer of fruit free from sugar and water, because sugar or water has a tendency to sodden the underneath part of the crust. Put the water in when the first layer of fruit is placed in the dish. Wet the edge of the dish and place a piece of pastry round (as nearly as possible the width of the edge of the dish). Wet the strip of pastry with water and then place the remaining paste over the fruit already in the dish. Press the two edges of pastry lightly together. Take a sharp knife, and trim off the rough edges, always cutting away from you. Ornament the edge a little with the back of a knife, fork, or skewer. Sprinkle on top a few drops of water, sift a little castor sugar over, and put into a good oven to bake for  $\frac{1}{2}$  or  $\frac{3}{4}$  hour.

N.B.—Any odd pieces of paste can be used up to make into small tarts or turnovers.

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### 3.—GRUEL.

*Ingredients* :—1 tablespoonful of fine oatmeal.

1 pint of boiling water.

Sugar or salt (to taste).

*Method* :—Have the boiling water ready in a small saucepan; put the oatmeal into a basin, and mix it into a smooth paste with 2 tablespoonfuls of cold water. Add it to the boiling water in the saucepan and stir with a wooden spoon. Let it boil about 20 minutes, stirring occasionally to prevent it being lumpy or burning.

If liked  $\frac{1}{4}$  oz. of butter may be added with the sugar or salt.

The addition of 2 tablespoonfuls of rum is very good for a cold.

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## LESSON XV.

1.—Boiled Beef, Carrots, and Dumplings.

2.—Sponge Cake.

## 1.—BOILED BEEF, CARROTS AND DUMPLINGS.

*Ingredients* :—3 lbs. beef.

1 onion (peeled).

2 lbs. carrots.

Salt and pepper to taste.

1½ pints boiling water.

*Dumplings* :—1 lb. flour.

4 or 6 oz. suet.

A pinch of salt.

1 teaspoonful of baking powder.

Cold water (sufficient to form a firm paste).

*Method* :—Put the meat, onion, salt and pepper into a saucepan with the boiling water over the fire, and let all come gently to the boil. Skim it, and then add the carrots (after scraping, washing, and cutting them into quarters). Let all cook gently until quite done.

*Dumplings* :—Chop the suet finely, put it into a basin with the flour; rub the suet into it with the baking powder and salt. Mix with water to a stiff paste. Flour your hands and make into balls about the size of an egg, then drop them into the saucepan 20 minutes before serving.

For serving put the meat on a hot dish with the carrots on top, and the dumplings placed round the meat. Pour some of the stock over, using the remainder in the saucepan for a soup.

## 2.—SPONGE CAKE.

*Ingredients* :—3 large eggs.

Their weight in castor sugar and flour.

1 teaspoonful of baking powder.

*Method* :—Line a cake-tin with buttered paper. Beat the

eggs and sugar until thick and nearly white, then stir the flour in very lightly; add the baking powder last, mix well together, put it at once into the tin, and bake about  $\frac{3}{4}$  hour. This mixture can be made into small sponge cakes thus :—Grease some patty-pans, half fill them with the mixture, and bake from 10 to 15 minutes.

N.B.—(1) If any flavouring is desired, grated lemon rind is the most wholesome.

(2) This can also be used as an invalids' cake, as there is no butter in it, and it is therefore very light and digestible if properly made. If the beating is done with a whisk, it will be still lighter.

## LESSON XVI.

### 1.—Bread with Yeast.

### 2.—Hunter's Pudding.

### 1.—BREAD WITH YEAST.

*Ingredients* :— $3\frac{1}{2}$  lbs. flour.  
 $1\frac{3}{4}$  pints tepid water.  
 2 heaped teaspoonfuls salt.  
 1 teaspoonful sugar.  
 1 oz. German yeast.

*Method* :—Put nearly all the flour into a basin (the rest on a plate); mix the salt with it and make a well in the middle. Put the yeast and sugar into another basin and work with a spoon to a smooth paste, then add the water gradually to prevent lumps. Strain this into the well, work the flour in gradually, and make it into a light dough; then knead it with the hands until smooth. Cover the basin with a cloth and set it near the fire to rise for about 2 hours. Then turn the dough on to a floured board and knead in so much flour that it no longer

sticks to the fingers or to the board. Divide it into two or three as wished (just to half fill the tins), knead lightly and put into floured tins. Set them to rise again for about  $\frac{1}{4}$  hour, and bake in a hot oven at first, then finish more slowly from 1 to 2 hours according to size. The oven door should not be opened for about 10 minutes. For cottage loaves divide each piece of dough into two, one smaller than the other (more flour will be required), work into balls, place the smaller on the larger one; make a hole in the middle of the top, and put the finger quite through to press them together, notch round with a knife. Place on floured tins, rising and baking as above.

N.B.—(1) It is imperative that the yeast should be fresh, as it will not keep long, especially in hot weather. It is always wise to test it by letting it stand 5 minutes when mixed with sugar. If the yeast plant is dead it will not ferment or bubble up, and it would only be a waste of flour to use it.

(2) When the bread is baked, place the loaves sideways or on a sieve so that the steam can escape. Bread or cakes should always be allowed to get quite cold before removing them into a cooler atmosphere, otherwise they will be heavy.

## 2.—HUNTER'S PUDDING.

*Ingredients* :—10 oz. flour.

2 oz. bread crumbs.

$\frac{1}{4}$  lb. suet (finely shredded and chopped).

6 oz. raisins or  $\frac{1}{4}$  lb. currants or sultanas.

2 oz. brown sugar.

1 teaspoonful baking powder.

A pinch of salt.

Cold water (sufficient to make it moist).

*Method* :—Put a saucepan of water on the fire to boil. If raisins are used stone them, if sultanas or currants, clean



and pick them. Mix all the dry ingredients together and make it a rather moist mixture with the water. Put it into a well greased basin, cover with greased paper or pudding-cloth, and steam or boil from 2 to 4 hours.

## LESSON XVII.

- 1.—Broiled Chops and Steaks.
- 2.—Bread Pudding.
- 3.—Beef Tea.

### 1.—BROILED CHOPS AND STEAKS.

*Ingredients* :—Chops and steaks.  
Salt and pepper.

*Method* :—Have a clear, bright fire, then heat the gridiron and grease the bars. Place the meat on it and broil in front or over the fire, putting it close to the fire for a minute or two to close the pores ; then turn it and cook on the other side in the same way. Finish cooking more slowly in order to make it tender. The time for cooking depends on the thickness (generally from 10 to 20 minutes). Turn it very frequently, as this makes it more tender and full of gravy. Put on a hot plate and season to taste.

N.B.—(1) All meat is much more easily digested when the juices do not escape, therefore it is absolutely necessary that the meat be frequently turned. If the meat is fried the pan must be well heated before using.

(2) A fork should not be used, as it pierces the meat and lets out the gravy.



## 2.—BREAD PUDDING.

*Ingredients* :—1 lb. any scraps of bread.  
 $\frac{1}{4}$  lb. sugar.  
 $\frac{1}{4}$  lb. currants or sultanas.  
 1 oz. clarified dripping.  
 1 egg.  
 Nutmeg or any spice to taste.  
 A pinch of salt.

*Method* :—Cut the bread into small pieces, put them into a basin with sufficient cold water to cover and soak until soft, then squeeze very dry and beat the bread fine with a fork. Wash and dry the currants, break the egg into a basin, beat it well, then add it to the bread with the currants, sugar, spice, dripping and salt. Mix well, put it in a well greased tin and bake about 1 hour. Serve hot or cold. This pudding may also be steamed or boiled from 2 to 3 hours, but the same quantity of suet should be substituted for dripping.

N.B.—The addition of a little finely-chopped orange or lemon rind is a great improvement.

## 3.—BEEF TEA.

*Ingredients* :—1 lb. gravy beef.  
 1 pint cold water.  
 A pinch of salt.

*Method* :—Remove the skin and fat from the meat and shred it very finely, put it into a jar or basin containing the cold water and salt, and let it stand as long as possible before cooking. Cover the jar closely (if there is not a lid, a saucer could be used, or tie a piece of greased paper over) and place it in a saucepan of cold water; let the water come very slowly to the boil and simmer gently several hours. Strain it through a rather coarse strainer, or pour it off so as not to lose the little brown particles. Pass pieces of kitchen paper over the tea in order to remove all fat. Foods for invalids should never be greasy.

N.B.—(1) If the shin of beef is not of the best, cheap steak will be more economical to buy.

(2) If wanted stronger use half the quantity of water. When it cannot be taken hot, a little *vegetable isinglass* added will solidify it, and this method is often preferred in the sick room.

## LESSON XVIII.

1.—Poached Eggs on Toast.

2.—Stewed Figs.

3.—Boiled Custard.

## 1.—POACHED EGGS ON TOAST.

*Ingredients* :—1 egg (perfectly fresh).  
 1 pint of boiling water.  
 1 teaspoonful salt.  
 A few drops of vinegar or lemon juice.  
 A slice of bread (to toast).

*Method* :—Have the water ready boiling in a very clean frying-pan, to which add the salt, lemon juice or vinegar. Break the egg gently into a cup, draw the pan aside, slip the egg in very carefully and simmer until the white is set, then lift it out with a slice and place hot on dry or buttered toast on a hot plate.

N.B.—Another method for poaching an egg :—Butter a cup or small mould, break the egg into it, then place the cup in a saucepan of boiling water and simmer gently until set. Pass a knife round the edge as it then can be readily turned out. This method is most suitable for invalids.

## 2.—STEWED FIGS.

*Ingredients* :—2 lbs. figs.  
 1½ lbs. lump or brown sugar.  
 3 pints of water.  
 About 8 cloves.  
 A little thinly shredded lemon-rind.

*Method* :—Put the sugar, water, cloves and lemon-rind in a saucepan and bring slowly to the boil, then add the figs. Place the lid on the saucepan and let simmer as slowly as possible from four to five hours. When the figs are done take them out, put into a dish ; let the syrup boil up again and then strain over the figs.

N.B.—It is not wasteful to prepare a large quantity of figs

at one time, as if properly stored they will keep for a lengthened period.

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### 3.—BOILED CORNFLOUR CUSTARD.

*Ingredients* :—2 teaspoonfuls cornflour.

1 pint milk.

2 eggs.

*About* 2 oz. lump sugar.

Flavouring to taste.

*Method* :—Rinse out a clean saucepan with cold water, put nearly all the milk into it to boil. Mix the cornflour with the rest of the cold milk to a smooth paste, and when the milk in the saucepan is boiling, stir the cornflour in gradually and boil a few minutes. Beat the eggs in a basin and pour the cornflour gradually on to them, stirring well all the time. Leave it to cool, and in order to prevent a skin forming on the top give it an occasional stir.

N.B.—(1) When wanted for a family 1 egg is sufficient for a pint of custard.

(2) Pouring the hot cornflour on to the eggs cooks them sufficiently.

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## LESSON XIX.

1.—Leg of Beef Stew.

2.—Frimsel Soup.

3.—Apple Omelet.

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### 1.—LEG OF BEEF STEW.

*Ingredients* :—1½ lbs. leg of beef (*about*).

2 carrots.

1 turnip.

2 onions (scalded).

1 oz. dripping.

1 pint boiling water.

1 tablespoonful of flour.

*About* ½ gill of vinegar.

Salt and pepper to taste.

*Method* :—Divide the meat into convenient pieces and dip them in vinegar to make them more tender. Melt the dripping in a stewpan, and let it get hot, fry the onions till brown, pour off the fat, and add the meat and boiling water. Cover closely and simmer gently about 4 hours. One hour before the stew is finished add the vegetables, after preparing and cutting them into small squares. Just before serving, mix the flour to a smooth paste with a little cold water, add it to the stew, stir until it boils, season to taste, and serve on a hot dish.

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## 2.—FRIMSEL SOUP.

*Ingredients* :—Stock.  
1 egg.  
Salt.  
Flour.

*Method* :—Break the egg and put it with a pinch of salt into a basin and beat well. Then with a knife, work in as much flour as possible. Flour the board well, roll out the paste very thinly, cut into three, and roll out each piece till nearly transparent, let it get thoroughly dry, fold in three, and with a sharp knife shave off extremely fine strips. Let these dry and add them to the stock or soup while boiling, and simmer for about 20 minutes. Serve in a hot soup tureen.

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## 3.—APPLE OMELET.

*Ingredients* :—3 or more apples.  
 $\frac{1}{4}$  lb. cake crumbs.  
2 oz. brown sugar.  
Grated lemon rind to taste.  
1 oz. butter.  
 $\frac{1}{4}$  to  $\frac{1}{2}$  gill milk.

*Method* :—Pare, core, and cut up the apples, then add the cake-crumbs, milk, sugar, and a little grated lemon rind ; mix all well together. Grease and sugar a pie-dish, put in the mixture and place the rest of the butter in small pieces on the top. Bake in a moderate oven about  $\frac{3}{4}$  hour.

N.B.—For a change, bread-crumbs could be used instead of cake-crumbs, but more sugar will be required.

## LESSON XX.

1.—Tapioca, Sago, or Rice Pudding.

2.—Rice Buns.

3.—Tea or Coffee.

## 1.—TAPIOCA, SAGO, OR RICE PUDDING.

*Ingredients* :—2 oz. tapioca, sago, or rice.

1 pint milk.

1 oz. sugar, or to taste.

Nutmeg to taste.

Butter (to grease dish).

A small pinch of salt.

Flavouring (if liked).

*Method* :—Put the tapioca, sago, or rice into the milk (if rice is used it must first be well washed), and let it soak about  $\frac{1}{2}$  hour. Simmer it slowly until it is clear, stirring well; then sweeten to taste, and add the salt. Grease a pie-dish with butter, pour it in, grate the nutmeg on the top, and bake about  $\frac{1}{2}$  hour, or until nicely set.

N.B.—(1) When an egg can be afforded it is an improvement.

(2) If liked, the milk may be flavoured with lemon rind or  $\frac{1}{2}$ -inch stick cinnamon, to be taken out before the eggs are added.

## 2.—RICE BUNS.

*Ingredients* :— $\frac{1}{4}$  lb. ground rice. $\frac{1}{4}$  lb. flour. $\frac{1}{4}$  lb. castor sugar. $\frac{1}{4}$  lb. butter.

2 eggs.

1 teaspoonful baking powder.

A little milk if required.

A few drops of essence of lemon, or a little finely-chopped lemon rind.

*Method* :—Cream the butter and sugar, then add the beaten eggs and continue beating, add the other ingredients by degrees (except the baking powder and flavouring) beating well all the time. Carefully add the flavouring ; and lastly the baking powder. Beat well again ; half-fill some greased patty-pans with the mixture, and bake in a hot oven about  $\frac{1}{4}$  hour. When done, take out of the tins and place them on a sieve to cool.

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### 3.—TO MAKE TEA.

*Ingredients* :—1 teaspoonful of tea.  
 $\frac{1}{2}$  pint boiling water.

*Method* :—Scald the tea-pot, then put in the tea and pour on boiling water (which should be freshly boiled). Let it stand in a warm place for about 5 minutes. If tea has to be kept, it should be poured off into an earthenware vessel.

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### 3.—TO MAKE COFFEE.

*Ingredients* :—1 oz. coffee.  
 1 pint boiling water.

*Method* :—Scald the coffee-pot, then put the coffee into the upper half ; press it down, and pour on it the boiling water. Let it stand in a warm place for about 5 minutes, or until the water has run through into the lower half of the pot. Serve with hot milk and sugar (if liked).

N.B.—If there be no coffee-pot, it can be made in a jug and then strained.

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NOTE.—The “*Vegetable Isinglass*” (i.e., *Kosher Isinglass*) mentioned in this Course of Lessons (on page 44), and elsewhere, may be procured at Messrs. King’s, Bishop’s Road, W. It is, however, permissible to use *Iceland Moss*, if more convenient.



## RESERVE DISHES.

### FIRST COURSE.

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- 1.—Cornish Pasties.
  - 2.—Steamed Vegetable Marrow.
  - 3.—Toffee.
- 

#### 1.—CORNISH PASTIES.

*Ingredients* :— $\frac{1}{2}$  lb. steak (beef or skirt).  
 $\frac{1}{2}$  lb. potatoes.  
 1 onion (sealded).  
 $\frac{1}{2}$  lb. dripping (6 ozs. if not required rich).  
 1 lb. flour.  
 1 teaspoonful baking powder.  
 Salt and pepper to taste.

*Method* :—Cut the meat into dice, wash and peel the potatoes, parboil them, and cut also. Chop up the onion finely. Put the flour into a basin with a little salt, rub in the dripping until it looks like bread-crumbs, then mix in the baking powder, and add sufficient cold water to make it into a stiff paste. Flour the board, roll out the crust about  $\frac{1}{4}$  inch thick, cut into pieces 7 or 8 inches square. Place a little meat, potato, and onion on each square, and season. Wet one half of the pastry with a little water, fold it over the other half. Pinch the edges with the thumb and finger. Place the pasties on a greased or floured baking-sheet, and bake in a hot oven for about  $\frac{1}{2}$  hour.

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#### 2.—STEAMED VEGETABLE MARROW.

*Ingredients* :—1 marrow (medium size).  
 Boiling water.

*Method* :—Do not peel the marrow, but put it into a steamer quite whole, and cook for 30 minutes to 1 hour (or until



tender, according to size and age). Peel and (holding it in a clean cloth) divide it lengthways, take the seeds out, and cut it into nice pieces. It can be served plain, or with sauce, or mashed like turnips.

N.B.—(1) As this vegetable is a very watery one, this method of cooking it preserves the flavour and at the same time makes it much more digestible.

(2) If desired, the marrow could be peeled and cut up *before* cooking.

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### 3.—TOFFEE.

*Ingredients* :— $\frac{1}{2}$  lb. brown sugar.  
 2 oz. butter.  
 2 tablespoonfuls water.  
 1 teaspoonful vinegar.

*Method* :—Melt the butter and sugar in a saucepan, add the vinegar and water, then stir over a slow fire until a little of the mixture becomes crisp and hard when dropped into cold water and allowed to stand a few minutes ; if sticky, it needs cooking a little longer. When done, pour it into well greased flat tins, and allow it to stand in a cool place until set. Break it into pieces and keep it in a tin canister, if exposed to the air it will become moist. If liked, 1 oz. of almonds may be added, prepared as follows :—Blanch the almonds, cut them up and sprinkle into the toffee just before pouring it into the tins.

If preferred, sliced cocoa-nut can be used instead of almonds.

## SEASON DISHES.

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- 1.—Pancakes.
  - 2.—Toad-in-the-Hole.
  - 3.—Marmalade.
  - 4.—Jam.
  - 5.—Mincemeat.
  - 6.—Plum Pudding.
  - 7.—Peas and Kleis.
- 

### 1.—PANCAKES.

*Ingredients* :—5 oz. flour.

1 egg.

$\frac{1}{2}$  pint milk.

A little salt.

Castor sugar.

1 lemon.

A little butter.

*Method* :—Make the batter in the usual way, and set it aside as long as possible. Melt a piece of butter (about the size of a hazel nut) in a small frying-pan, let it get quite hot, and pour about half a teacup of batter in, raise the pan a little, or the cake will not be of equal thickness. Cook it over a moderate fire, and when browned on one side, turn it over with a knife, or by tossing, and brown on the other side. Turn it on to kitchen paper, squeeze a little lemon juice and dust some sugar over it; roll up and put on a hot dish. Repeat until all the batter is used. Serve with lemon, cut in quarters, placed round the dish.

## 2.—TOAD-IN-THE-HOLE.

*Ingredients* :—8 oz. flour.

3 eggs.

1 pint water.

1 lb. beef or mutton.

$\frac{1}{4}$  teaspoonful salt.

A little pepper.

A little dripping.

*Method* :—Make a batter as for pancakes, using water in place of milk. Melt some dripping in a Yorkshire pudding tin or pie-dish, pour the batter in, and then put in the meat (seasoned) ; bake in a quick oven at first, and finish cooking more gradually, for about 1 hour. Serve in a hot dish.

N.B.—Batter is lighter if the tin and dripping have been made hot before putting it in, also if baked in a *tin* rather than an earthenware dish.

## 3.—MARMALADE (ORANGE).

*Ingredients* :—1 lb. of Seville oranges.

2 lbs. loaf sugar.

$\frac{1}{2}$  pint water.

*Method* :—Brush and wash the oranges well, boil them until the rind can be easily pierced with the head of a pin, then take them out with a spoon on to a dish. Quarter the oranges, remove the centre pith and pips, put the pulp on a plate, then cut the rind into the finest possible shreds, put all into a preserving pan with the sugar and water, let it come slowly to the boil (stirring all the time). Simmer gently for about 1 hour, stir occasionally, then try a little on a saucer; it jellies when done. Pour it with a cup into clean, dry jars, cover with thin paper dipped in white-of-egg, label and keep in a cool, dry place.

## LEMON MARMALADE.

*Ingredients* :—1 lb. chips and pulp of lemons.

2 lbs. sugar.

1 pint water (in which they were last cooked).

*Method* :—Scrub and wash the lemons, put them into a saucepan of cold water, boil  $\frac{3}{4}$  hour or until the lemons are soft enough to be easily pierced with a pin's head. The water during this cooking must be changed twice, and always replaced by boiling water. Strain the last water off into a basin, put the lemons on a plate, cut them into quarters, and proceed same as for oranges. To every pound of pulp and chips allow 1 pint of the water in the basin, and 2 lbs. of loaf sugar. Put sugar and water in the preserving pan, let it boil about 20 to 30 minutes, stirring all the time, and carefully remove all the scum. When the syrup has cooled a little add the chips and pulp; let it come to the boil, and cook gently for about  $\frac{3}{4}$  hour. It jellies when done. Put into jars and cover.

N.B.—Orange and lemon marmalade can be made by either of these recipes.

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#### 4.—JAM.

*Ingredients* :—1 lb. fruit.  
 $\frac{3}{4}$  to 1 lb. sugar.

*Method* :—Prepare the fruit (wipe with a cloth and remove stalks), put it and the sugar into a clean, dry preserving pan, over a slow fire; stir with a wooden spoon until it boils. Let it boil gently about  $\frac{3}{4}$  hour, stirring often. When a little will set on a cold plate it is done. Pour into clean, dry jars, cover as for marmalade, label and store it.

N.B.—Very acid fruits require equal quantities of sugar and fruit.

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#### 5.—MINCEMEAT.

Same as for second course (*see page 96*).

## 6.—PLUM PUDDING.

*Ingredients* :—6 oz. carrot (grated).

6 oz. flour.

6 oz. bread crumbs.

$\frac{1}{2}$  lb. suet (chopped).

$\frac{1}{2}$  lb. currants (cleaned and picked)

$\frac{1}{2}$  lb. raisins (stoned and picked).

$\frac{1}{4}$  lb. sultanas (cleaned and picked).

2 oz. almonds (blanched and shredded)

4 oz. peel (chopped).

$\frac{1}{2}$  lb. brown sugar.

2 eggs.

A little old ale. (*This must be omitted when prepared in Board School Cookery Centres.*)

1 lemon (grated rind and juice).

$\frac{1}{4}$  teaspoonful salt.

*Method* :—Prepare the fruit as usual, mix all the dry ingredients together in a basin, beat the eggs, add to them the ale and lemon-juice, stir them in, making it a little moist. Grease a basin or mould, put the mixture in and steam or boil from 4 to 6 hours. They are better steamed, but will require longer cooking.

## 7.—PEAS AND KLEIS.

*Ingredients* :— $\frac{1}{2}$  peck peas.

2 oz. butter.

Boiling water.

$\frac{1}{4}$  teaspoonful sugar.

Salt to taste.

1 pint of thick batter made with milk (as for paneakes) and seasoned with ginger, pepper, salt and chopped parsley.

*Method* :—Shell and wash the peas, put them into a saucepan with the sugar, salt and boiling water, and cook until soft. Pour away nearly all the water, add the butter, take up the batter in tablespoonfuls and lay on the peas, let it come gently to the boil, then simmer slowly for 20 to 30 minutes.

N.B.—This can be cooked with stewed mutton and peas, then the *butter* must be left out and the batter made with *water*. No fat will be required, as there will be sufficient on the meat.

## PASSOVER DISHES.

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- 1.—Motza Kleis (for Soup).
  - 2.—Grimslichs.
  - 3.—Motza Pudding.
  - 4.—Sassafras.
  - 5.—Pancakes.
- 

### 1.—MOTZA KLEIS.

*Ingredients* :—1 Motza (Passover cake).

1 egg.

1 onion.

$\frac{1}{4}$  teaspoonful ginger, salt and pepper.

2 tablespoonfuls motza meal.

*Method* :—Soak the motza in cold water, when soft squeeze dry ; chop and brown the onion in a little dripping, add to the motza with the seasoning, also the egg well beaten ; lastly, bind them together with meal. Shape into balls with a spoon and knife, using a little meal to prevent them sticking. Put into the boiling soup and simmer gently 20 minutes before dishing up.

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### 2.—GRIMSLICHS.

*Ingredients* :—2 motzas.

$\frac{1}{4}$  lb. meal (motza).

2 oz. ground almonds.

2 oz. raisins (stoned).

2 oz. sultanas (cleaned).

2 eggs.

$\frac{1}{4}$  lb. brown sugar.

Cinnamon and nutmeg to taste.

*Method* :—Soak the motzas. Mix the almonds, sugar, raisins, sultanas and spice with one egg. Squeeze the water out of the motzas, add the meal and the other egg. Put a little of the paste into a spoon, shape into an oval, lay a little of the other mixture on and cover with paste, shape carefully, sprinkle with meal, fry in boiling fat or oil, serve with clarified sugar.



## 3.—MOTZA PUDDING.

*Ingredients* :—2 eggs.

2 tablespoonfuls meal (motza).

$\frac{1}{4}$  lb suet (chopped).

2 motzas (soaked).

2 oz. brown sugar.

$\frac{1}{2}$  lb. dried fruit (cleaned).

$\frac{1}{2}$  teaspoonful cinnamon or other spice.

*Method* :—Squeeze the motza very dry ; prepare the fruit carefully, chop the suet, add it with all the dry ingredients and spice ; stir well together. Beat the eggs well, pour them in and mix thoroughly. Put in a greased pie-dish or basin, and bake about  $\frac{1}{2}$  hour. Steam or boil from 3 to 4 hours. Serve in the usual way.

N.B.—A little rum added is a great improvement.

## 4.—SASSAFRAS.

*Ingredients* :—2d. or 3d. sassafras.

$\frac{1}{2}$  inch stick liquorice.

$\frac{1}{4}$  teaspoonful aniseed.

$\frac{1}{2}$  pint boiling water (*about*).

*Method* :—Tie the liquorice and aniseed in a piece of muslin, put this in a jug with the sassafras, pour over them the boiling water, let it stand an hour, then strain and allow it to cool.

## 5.—PANCAKES.

*Ingredients* :—1 teacupful meal (motza).

1 pint milk.

2 eggs.

3 oz. brown sugar.

Rind of 1 lemon (chopped).

1 tablespoonful rum (if liked).

Butter or oil (for frying).

*Method* :—Put the meal in a basin with the sugar, and make it into a batter with the eggs and milk ; add the lemon-rind or rum. Put a little butter or oil into a frying-pan, when hot pour in a teacupful of the batter, fry on one side, turn it over with a knife and cook a nice brown on the other side.



# RECIPES.

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## SECOND COURSE.

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## SYLLABUS OF LESSONS FOR THE SECOND COURSE.

Lesson 1.—Steamed Fish. Jacob Pudding. Good Vegetable Soup.

„ 2.—Stewed Beef with French Beans. Treacle Tart (Flaky Pastry).

„ 3.—Savory Cod. Golden Pudding with Sauce.

„ 4.—Curry of Cold Meat. Boiled Rice. Invalids' Jelly.

„ 5.—Brown Stew. Apple Fritters. Colcannon.

„ 6.—White Stewed Fish with Balls. Yorkshire Tea Cake.

„ 7.—Stewed Steak, with Rice and Tomatoes. Fig or Sultana Pudding.

„ 8.—How to Cook and Serve Spinach or Turnip Tops. Almond Pudding. Rice Water.

„ 9.—Roast Veal and Stuffing. Thick Brown Gravy. Rosina Pudding. Rice Snowballs.

„ 10.—Brown Stewed Fish. Shrewsbury Cakes.

„ 11.—Sausage with Rice. Salad. Victoria Sandwich.

„ 12.—Fish Cakes. Baked Teacup Pudding. Sweet Sauce. Bran Tea.

„ 13.—Haricot Soup. Gingerbread. Potato Pastry.

„ 14.—Stewed Lentils. Soda Buns. Cocoa.

„ 15.—Rissoles of Cold Meat. Dutch Apple Pie. Black Currant Tea.

„ 16.—German Potatoes. Marmalade Pudding. Beef Tea Custard.

„ 17.—Soda Cake. Savoury Macaroni. Apple Water.

„ 18.—Hash. Canliflower with White Sauce. Lemon Pudding.

„ 19.—Stewed Veal with Forcemeat Balls. Lemon or Walnut Sauce. Butter Cakes.

„ 20.—Beef Olives served with Brussels Sprouts. Sultana or Currant Cake.

### *Reserve Dishes.*

Milk Biscuits.

Boiled and Baked

Spanish Onions.

### *Season Dishes.*

Christmas Pudding.

Stuffed Tomatoes.

Mince-meat.

Pickles (various).

Stuffed Vegetable Marrow.

*Passover Dishes* (same as for 1st Course).

# RECIPES.

## SECOND COURSE.

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### LESSON I.

- 1.—Steamed Fish.
  - 2.—Jacob Pudding.
  - 3.—Good Vegetable Soup.
- 

#### 1.—STEAMED FISH.

*Ingredients* :—1 fish (white).

A little butter.

Salt and pepper to taste.

Lemon juice (if liked).

*Method* :—Place a saucepan of water on the fire to boil. Fillet and wash the fish, put it on a plate, season and put butter on in small pieces. Cover with another plate and steam over the boiling water until tender. Lemon juice can be served with this if liked.

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#### 2.—JACOB PUDDING.

*Ingredients* :—About 3 slices of bread and butter.

About  $\frac{1}{4}$  lb. marmalade or jam.

1 pint of milk.

2 eggs.

*Method* :—Butter a pie-dish, cut the bread in thin slices, spread one side with butter, the other with jam or marmalade, then place in the dish. Break the eggs in a basin (being careful



to ascertain if they are good) and beat well. Gradually add the milk, beating well all the time. Pour this into the pie-dish and let it stand to soak for  $1\frac{1}{2}$  hours. Bake in a hot oven for  $\frac{3}{4}$  hour.

N.B.—Currants or sultanas can be used in place of preserve, but the milk must then be sweetened.

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### 3.—GOOD VEGETABLE SOUP.

*Ingredients* :—3 onions (scalded or parboiled).  
 4 potatoes (parboiled).  
 2 carrots.  
 1 turnip.  
 2 or three strips of celery (or seeds).  
 1 tablespoonful chopped parsley.  
 1 tablespoonful sago.  
 1 oz. dripping.  
 3 pints of hot bone stock.  
 $\frac{1}{2}$  teaspoonful sugar.  
 Salt and pepper to taste.  
 Squares of toast or couërtons.

*Method* :—Prepare the vegetables in the usual way, and cut into small pieces. Melt the dripping in the saucepan, add the vegetables and simmer for 5 minutes, stirring occasionally. Add stock, sugar and seasoning, place on a slow fire, let it come to the boil, skim and let it simmer gently for 1 to 2 hours, or until all the vegetables are tender, stirring occasionally. Strain the soup through a sieve or colander, pressing all the vegetables through with a wooden spoon, then pour back into the saucepan. Add the sago, stir and simmer  $\frac{1}{4}$  hour. Season to taste and add the parsley.

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## LESSON II.

1.—Stewed Beef and French Beans.

2.—Treacle Tart (Flaky Crust).

## 1.—STEWED BEEF AND FRENCH BEANS.

*Ingredients* :—4 to 5 lbs. lean brisket.  
 3 or 4 lbs. French beans.  
 4 good-sized onions.  
 A little ground ginger.  
 1 pint hot water.  
 2 tablespoonfuls moist sugar.  
 1 teaspoonful salt.  
 1 gill brown vinegar.

*Method* :—Put the meat and sliced onions into a clean saucepan, with the water and seasoning, place over a slow fire, and simmer gently. String and cut the beans into thin slanting slices, wash and add to the stew. Simmer all gently for 3 to 4 hours. Mix smoothly in a basin, the sugar and flour with the vinegar, add these to the stew and let it boil for 15 minutes, then serve.

N.B.—When French beans are not in season use haricot beans, which must be soaked over night.

## 2.—TREACLE TART.

*Ingredients* :—Flaky crust.  
 $\frac{3}{4}$  lb. flour.  
 6 oz. dripping.  
 $\frac{1}{2}$  pint cold water (about).  
 A little salt.  
 $\frac{1}{4}$  lb. treacle (warm).  
 2 tablespoonfuls bread-crumbs.  
 $\frac{1}{4}$  teaspoonful ground ginger (or to taste).

*Method* :—Flaky crust:—Mix the flour and salt in a basin and rub one-third of the fat into it, add the water gradually and form into a paste, turn on to a floured board, and roll it into a long

strip. Divide remainder of fat into three portions, put one on the paste in small pieces with a knife, dredge lightly with flour, fold it evenly in three, turn it round so that the rough edges are top and bottom, and roll it out, fold and roll again twice, using one-third of fat each time. Then roll once without fat, cover a tartlet tin or old plate with the pastry. Mix the treacle, ginger and crumbs together in a basin, spread this on the pastry. Trim the edges and bake in a hot oven until a nice colour.

N.B.—If preferred more substantial, cover with another piece of pastry.

### LESSON III.

- 1.—Savoury Cod.
- 2.—Gingerbread Pudding.
- 3.—Sauce (Ginger or Lemon).

#### 1.—SAVOURY COD.

*Ingredients* :—1 or more lbs. fresh cod.  
 $\frac{1}{2}$  pint hot water.  
 1 tablespoonful parsley (chopped).  
 $\frac{1}{2}$  oz. butter.  
 1 egg.  
 $\frac{1}{2}$  teaspoonful salt.  
 3 or 4 peppercorns.

*Method* :—Wash and dry the fish and divide it into neat pieces. Put it into a saucepan with the water, vinegar, salt, and peppercorns, and cook very gently for 10 to 15 minutes, or until tender; then take up and keep hot. *Sauce* : Melt the butter in a saucepan, take it off the fire, stir in the flour until quite smooth, add gradually the fish water, taking out the peppercorns; boil it 3 minutes, stirring all one way; let it cool slightly, beat the egg, and add it carefully with the parsley and pour over the fish.

N.B.—For variety the egg may be boiled hard, the white

chopped finely, the yolks passed through a wire sieve or strainer, and then used as a garnish. Or it may be cut into pretty shapes and placed on the fish.

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## 2.—GOLDEN PUDDING.

*Ingredients* :— $\frac{1}{2}$  lb. treacle.  
 $\frac{1}{2}$  lb. flour.  
 $\frac{1}{4}$  lb. bread-crumbs.  
 $\frac{1}{4}$  lb. suet.  
 1 gill water.  
 1 egg.  
 1 teaspoonful grated ginger.  
 1 teaspoonful baking powder.  
 A little salt.

*Method* :—Mix flour, bread crumbs, ginger and baking powder in a basin, add the suet finely chopped. Mix the treacle, eggs, and water together in another basin, pour this on the flour, etc., and mix well, making it rather moist. Boil or steam from 3 to 5 hours, or *bake* 1 hour.

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## 3.—LEMON SAUCE.

*Ingredients* :—1 lemon.  
 1 tablespoonful brown sugar (or to taste).  
 1 teacupful of cold water.

*Method* :—Peel the lemon very thinly, shred it finely; put it into a clean saucepan, strain the juice and add it with the water and sugar, and simmer very slowly 1 hour.

N.B.—This sauce is suitable for plain suet pudding, blanchmange, or milk puddings.

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## 3.—GINGER SAUCE.

*Ingredients* :—1 teacupful cold water.  
 1 teaspoonful ground ginger.  
 1 tablespoonful sugar.  
 A few pieces of crystallized ginger (if liked).

*Method* :—Mix the ginger with a *little* water; put it in a clean saucepan with the remainder of the water and sugar, boil until clear, then add crystallized ginger cut in small pieces.

## LESSON IV.

## 1.—Curry of Cold Meat.

## 2.—Boiled Rice.

## 3.—Invalid's Jelly.

## 1.—CURRY OF COLD MEAT.

*Ingredients* :—1 lb. cold meat.

1 onion.

1 oz. dripping.

$\frac{1}{2}$  pint stock or water.

1 tablespoonful flour.

1 tablespoonful curry powder.

1 lemon or apple, or some sour fruit.

Salt.

Some chutney (if liked).

*Method* :—Melt the dripping in a saucepan, peel and chop the onion finely, fry a golden brown ; when done drain off the fat, add flour and powder to the saucepan, and gradually stir in the stock. Let it just boil, then simmer gently for 10 minutes, cut the meat into nice-sized pieces, peel, core, and chop the apple, add both to the saucepan, and let it simmer for 15 minutes. Season to taste, adding chutney ; serve on a hot dish, with the boiled rice placed as a border round the meat.

N.B.—Fish, macaroni, and haricot beans are nice cooked in this way, also any kind of white poultry.

## 2.—BOILED RICE.

*Ingredients* :— $\frac{1}{2}$  lb. rice (Patna is best).

1 gallon boiling water.

2 or 3 tablespoonfuls salt.

A little lemon juice.

*Method* :—Wash the rice, put it into a saucepan of boiling water with the salt and lemon juice, let it boil quickly for about 15 to 20 minutes. Strain it, pour cold water over to separate the grains, put in the oven or in front of the fire to dry.

N.B.—The water in which the rice was boiled is useful for making stock, sauces, etc., or for starching purposes.

## 3.—INVALIDS' JELLY.

*Ingredients* :— $\frac{1}{2}$  oz. vegetable isinglass.  
 6 oz. castor sugar.  
 $\frac{1}{2}$  pint cold water.  
 $\frac{1}{2}$  pint lemon or orange juice.  
 2 eggs (yolks only).

*Method* :—Put the isinglass into a saucepan with the water to dissolve, then add the sugar. When all is melted add the lemon juice, beat the eggs thoroughly and stir into the mixture (which should be cooled previously). Rinse out a mould with cold water, strain the jelly into it, and put aside until firm.

For a change the jelly could be broken up roughly with a fork, then put into a glass dish.

N.B.—The  $\frac{1}{2}$  pint of lemon juice may perhaps be *too* sour; if so, add a little water to it, but do not increase the quantity of liquid.

## LESSON V.

1.—Brown Stew.

2.—Apple Fritters.

3.—Colcannon.

## 1.—BROWN STEW.

*Ingredients* :—1 lb. sticking or shin of beef.  
 1 onion.  
 3 or 4 carrots.  
 2 or 3 turnips.  
 1 pint hot water.  
 1 oz. dripping.  
 $\frac{1}{2}$  gill of vinegar.  
 Salt and pepper.  
 Small piece of parsley.  
 $1\frac{1}{2}$  tablespoonfuls raspings.

*Method* :—Cut the meat into nice pieces and lay them in the vinegar. Skin and cut up the onion in small pieces, heat the dripping in a saucepan; fry the onions a nice brown. Add



the hot water, meat, vinegar, pepper, and salt, and stew very gently from 2 to 4 hours (as this meat is very tough). Ten minutes before dishing sprinkle in the raspings, stirring all the time.

Prepare the vegetables, cut them into squares, strips, or other shapes, boil until tender in a separate saucepan. Strain and use them to garnish the stew when dished. Place the parsley in little sprigs round the stew, or chop very finely and sprinkle over the top.

N.B.—(1) This stew could be put in a jar, closely covered down and cooked in a slow oven.

(2) Parsnips could be used, when in season, in place of the turnips.

(3) The flavouring could be varied by adding a blade of mace, a few whole allspice, a bay leaf, or a few celery seeds, all of which should be tied in a piece of muslin.

## 2.—APPLE FRITTERS.

*Ingredients* :—Frying fat or oil.

1 gill of tepid water.

1 tablespoonful salad oil.

A little salt.

4 or 5 apples.

Whites of 2 eggs.

Castor sugar.

*Method* :—Put the flour into a basin with the salt, gradually add the oil and water, and beat well. Beat the whites of eggs to a stiff froth with the salt, stir lightly into the basin. Peel the apples, cut them into rings, remove core, dip them into the batter, and fry a nice brown in boiling fat or oil. Drain them on kitchen paper, place on a hot dish, and dredge with castor sugar.

N.B.—Bananas, pine apple (preserved) or, peaches make very good fritters.

## 3.—COLCANNON.

*Ingredients* :—2 lbs. cold potatoes.

2 lbs. cold greens.

2 ozs. dripping.

Pepper and salt to taste.



*Method* :—Put the dripping in a frying-pan to melt ; mash the potatoes finely, chop the greens and mix both together with the seasoning, put into the hot fat, and heat thoroughly ; place in a vegetable dish and send to table.

N.B.—If preferred, the vegetables could be put into a basin, seasoned, mixed with dripping, covered down closely, and steamed in a saucepan of boiling water.

## LESSON VI.

1.—White Stewed Fish (with Balls).

2.—Yorkshire Tea Cakes.

### 1.—WHITE STEWED FISH.

*Ingredients* :—1 fish (about 2 or 3 lbs.).

3 lemons.

2 eggs.

$\frac{1}{2}$  pint of cold water (about).

1 onion.

1 tablespoonful of parsley (chopped).

2 tablespoonfuls of oil.

$\frac{1}{2}$  teaspoonful of salt.

$\frac{1}{4}$  teaspoonful of pepper.

A pinch of saffron (dried and powdered).

A grate of nutmeg.

A little ginger.

*For the Balls* :—About  $\frac{1}{2}$  lb. liver (fish).

Or  $\frac{1}{4}$  lb. fish and  $\frac{1}{4}$  lb. liver.

A grate of nutmeg.

1 egg.

1 tablespoonful of parsley (chopped).

$\frac{1}{4}$  teaspoonful of salt.

About 2 ozs. of bread-crumbs.

Pepper and ginger to taste.

*Method* :—Chop the onion very finely, cook (but do not brown it) in a stewpan with the oil. When done, strain off all the oil, leave  $\frac{3}{4}$  of the onion in the stewpan and put the rest in

a basin for the balls. Clean and cut the fish in nice-sized pieces, lay them in the stewpan with the water, sprinkle over it the seasoning. Lay the balls (*see below*) on top and let all cook gently till done. Pour over the sauce (*as below*) and let it simmer gently until the sauce becomes thick. Shake pan occasionally or it will curdle. Take up the fish carefully with a slice or spoon and fork on to a dish, put the balls all round, stir the saffron into the sauce, and pour some over the fish ; the remainder can be put into a sauce tureen. Sprinkle with parsley before sending to table.

#### TO MAKE THE BALLS ;—

Chop the liver (or liver and fish), finely, put in the basin with onion, seasoning and parsley. Beat the egg (in another basin) and add it with sufficient bread crumbs to bind all together lightly. Form into balls with a knife and spoon, using a little flour to prevent them sticking.

*Sauce* :—Squeeze and strain the lemons ; beat up the eggs thoroughly in a basin (be careful to see they are good), pour on to them slowly the lemon juice, beating well all the time ; pour this over the fish and let it all cook gently for about 10 minutes, or until the sauce thickens.

N.B.—If the sauce is not thick enough, a little cornflour could be stirred into it (after the fish is taken out), and allowed to cook, but must not boil.

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#### YORKSHIRE TEA CAKES.

*Ingredients* :—2 lbs. flour.

$\frac{1}{4}$  lb. butter.

1 oz. German yeast.

1 pint tepid milk (about).

2 teaspoonfuls sugar.

1 egg.

$\frac{1}{4}$  teaspoonful salt.

*Method* :—Put the flour, salt and butter into a basin and rub well until all the lumps disappear. In another basin mix the sugar and yeast together until dissolved ; pour the tepid water on to this and strain into the flour, with the egg well beaten and mix together. Grease some cake-tins and put the

mixture in, place them by the fire to rise for 1 hour, then bake for  $\frac{1}{4}$  of an hour in a hot oven. Turn out and stand on a sieve or against a plate to cool. The cakes can be cut through and toasted as required.

## LESSON VII.

1.—Stewed Steak with Rice, and Tomatoes.

2.—Fig Pudding.

### 1.—STEWED STEAK WITH RICE, AND TOMATOES.

*Ingredients* :—1 lb. steak.

2 oz. rice.

1 large onion (scalded).

1 pint hot water.

1 teaspoonful salt.

$\frac{1}{4}$  teaspoonful pepper.

$\frac{1}{2}$  lb. tomatoes

*Method* :—Cut the meat into nice pieces, lay them in the stewpan, with the water, seasoning and onion (sliced), cover closely and let it stew gently for 2 or 3 hours. Wash the rice, cut the tomatoes in halves, and add them at the last hour. Shake often to prevent it burning.

N.B.—(1) If the stew is wanted brown, the onion can be fried in  $\frac{1}{2}$  oz. dripping before commencing the stew.

(2) Cheap or tinned tomatoes can be used for this dish.

### 2.—FIG PUDDING.

*Ingredients* :— $\frac{1}{2}$  lb. figs (cut finely).

$\frac{1}{4}$  lb. bread crumbs.

$\frac{1}{4}$  lb. flour.

4 or 6 oz. suet (chopped).

$\frac{1}{4}$  lb. moist sugar.

2 eggs.

$\frac{1}{2}$  gill cold water (about).

A little salt and nutmeg.

*Method* :—Chop the figs very finely with the sugar, the suet with the flour, put them into a basin with salt, nutmeg and crumbs. Beat eggs and water together very thoroughly, pour these on to the dry ingredients and mix well. Pour into a greased basin or mould, cover with a greased paper and steam for 5 or 6 hours. If boiled (which will take an hour less in cooking), the pudding must be tied down with a cloth as well as the paper.

N.B.—A *Sultana* pudding can be made in the same way, using sultanas instead of figs.

## LESSON VIII.

1.—How to Cook and Serve Spinach.

2.—Almond Pudding.

3.—Rice Water.

### 1.—HOW TO COOK AND SERVE SPINACH.

*Ingredients* :—4 lbs. of spinach.

About  $\frac{1}{2}$  oz. of dripping.

Pepper and salt to taste.

A little flour.

*Method* :—Carefully pick the spinach and wash it in several waters. Then place in a saucepan, sprinkle over a little salt, and let it cook in its own juice. When tender, strain all the water out, place on a board, dredge a little flour over it, and chop finely. Put about  $\frac{1}{2}$  oz. of dripping into a saucepan, and, when melted, add the spinach to heat through thoroughly; season with pepper and salt to taste. Arrange neatly in a hot vegetable dish, and it is ready for serving.

Spinach cooked in this way, arranged in a hot, flat dish, garnished with poached eggs and toast cut into pretty shapes, makes a nice supper dish. A little finely-minced fried onion stirred into the spinach is an improvement.

## 2.—ALMOND PUDDING.

*Ingredients* :— $\frac{1}{2}$  lb. ground almonds.  
 $\frac{1}{2}$  lb eastor sugar.  
 8 eggs.  
 1 tablespoonful oil.

*Method* :—Break the eggs into a basin (be eareful to aseertain that they are good), beat with a whisk or large fork for 10 minutes, then add sugar and beat another 10 minutes. Then add the almonds and beat *well* for  $\frac{1}{2}$  hour all one way, do not stop beating for more than a few minutes or it will become heavy. Grease some tins or pie-dishes with the oil (the former are preferable), half-fill with the mixture and plaee at once in a quiek oven. If a skewer when inserted comes out clean, the puddings are done. Loosen round the edge and leave them in the dishes to eool. Time to eook about  $\frac{3}{4}$  hour. The oven should not be opened for quite 10 minutes after the puddings are in.

## 3.—RICE WATER.

*Ingredients* :—1 or 2 oz. ricee.  
 1 quart water.  
 A little salt.

*Method* :—Wash the ricee, put it into a jar or pie-dish with the water and salt, eover elosely, and eook in a slow oven for 3 or 4 hours. Strain it and flavour as liked. Lemon or orange juiee are both suitable flavourings.

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## LESSON IX.

1.—Roast Veal and Stuffing

2.—Thick Brown Gravy.

3.—Rosina Pudding.

4.—Rice Snowballs.

## 1.—ROAST VEAL AND STUFFING.

*Ingredients* :—Breast of veal.

<i>Stuffing.</i>	{	3 oz. bread crumbs (or scraps of stale bread).
		1 oz. dripping or beef marrow.
		1 tablespoonful parsley (chopped).
		$\frac{1}{4}$ teaspoonful herbs.
		A little nutmeg and lemon rind.
		Salt and pepper.
		1 egg.

*Method* :—Bone the meat, make the stuffing by mixing the parsley, bread, lemon rind, herbs, nutmeg and seasoning together, beat up the egg slightly, pour into dry ingredients with the dripping melted, lay this on the meat, roll up and tie with string and roast in the usual way. Serve with pieces of lemon round the dish.

## 2.—THICK BROWN GRAVY.

*Ingredients* :—1 small carrot.

1 onion.

1 oz. flour.

1 oz. fat.

 $\frac{1}{2}$  pint stock or water.

Salt and pepper to taste.

*Method* :—Cut the carrot and onion into small pieces and fry them with the flour in the fat until brown, then stir in the stock or water and boil for 10 minutes. A few drops of lemon juice are an excellent addition.

N.B.—If stock be used the sauce will be brown enough, but if water, it will require a little caramel for colouring. This gravy is to serve with the roast veal.



## 3.—ROSINA PUDDING.

*Ingredients* :— $\frac{1}{4}$  lb. suet.  
 $\frac{1}{4}$  lb. currants or sultanas.  
 2 oz. brown sugar.  
 $\frac{1}{4}$  lb. chopped apples.  
 $\frac{1}{4}$  lb. bread-crumbs.  
 2 eggs or 1 egg and a little water.  
 A little salt.  
 Rind of  $\frac{1}{2}$  lemon (chopped).  
 A quince (if possible).

*Method* :—Chop the suet finely, clean the currants, mix with the sugar, crumbs, quince and apples (finely chopped), salt and lemon rind. Beat the eggs well with the water, stir this into the dry ingredients, put into a greased mould, cover with a cloth or greased paper, and boil or steam from 2 to 3 hours.

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## 4.—RICE SNOWBALLS.

*Ingredients* :—2 tablespoonfuls rice.  
 1 pint milk or water.  
 A little salt.  
 1 tablespoonful sugar.  
 Lemon rind (to taste).

*Method* :—Wash the rice, put it into a clean saucepan with the milk or water, lemon rind, and salt. Stir until it boils, then simmer gently for about 1 hour or until the rice is quite soft. Take out the rind, sweeten, pour into wet moulds, set to cool and then turn on to a dish. Serve with lemon or ginger sauce. (*See page 66.*)

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## LESSON X.

## 1.—Brown Stewed Fish.

## 2.—Shrewsbury Cakes.

## 1.—BROWN STEWED FISH.

*Ingredients* :—2 or 3 lbs. fish (mackerel, salmon or any oily fish).

2 or 3 onions.

About 6 oz. treacle.

1d. or 2d. gingerbread.

$\frac{1}{2}$  pint water (cold).

$1\frac{1}{2}$  gills brown vinegar.

A small pinch of cayenne.

Salt to taste.

*Method* :—Peel and slice the onions, cook them with the water in a stewpan, when quite done, add the fish, seasoning, and let the fish partly cook. Melt the gingerbread with the vinegar in a basin and add the treacle. Pour this on the fish and allow all to cook thoroughly. Serve cold.

N.B.—Shake the saucepan after the sauce is added, as the treacle might burn.

## 2.—SHREWSBURY CAKES.

*Ingredients* :— $\frac{1}{4}$  lb. of butter.

$\frac{1}{4}$  lb. castor sugar.

6 oz. flour.

1 egg.

A little flavouring.

A little salt.

*Method* :—Beat the butter and sugar to a cream, break the egg and add to the mixture, beat well together, then by degrees add the flour, beating all the time. Flour a pastry-board, roll out the mixture very lightly, cut into shape with a cutter, the top of a cup or glass. Place on a greased or floured baking-sheet and bake in a hot oven for 15 minutes. When baked, turn on to a sieve or basket-lid to cool. They should be kept in a tightly covered tin to keep them crisp.

N.B.—These cakes are nice with a few currants or seeds in them for a change.

## LESSON XI.

1.—Sausage and Rice.

2.—Salad.

3.—Victoria Sandwich.

## 1.—SAUSAGE AND RICE.

*Ingredients* :—1 lb. sausage (Worsht). $\frac{1}{2}$  lb. rice.

1 pint water.

A pinch of saffron.

 $\frac{1}{4}$  teaspoonful salt.

*Method* :—Wash the rice well, put it into a clean saucepan with the salt, water and saffron, and the sausage in the centre. Let this cook gently until the rice has swelled and the sausage is tender. Take out the latter, skin it, and put it into the saucepan again to get hot. Serve on a hot dish, the rice as a border and the sausage in the centre.

N.B.—This is very nice eaten with roast veal.

## 2.—SALAD.

*Ingredients* :—1 large lettuce.

1 tablespoonful vinegar.

2 tablespoonfuls salad oil.

 $\frac{1}{2}$  teaspoonful moist sugar. $\frac{1}{2}$  teaspoonful made mustard.

Salt and pepper to taste.

1 egg.

*Method* :—Wash the lettuce carefully, then dry it well by shaking it in a cloth. See that all the leaves are quite *dry*, and break into small pieces with the *hands*, a knife must not be used. Mix the egg and sugar together in a basin with the pepper, salt, and mustard, then add the oil, one drop at a time, stirring well all the while; when all is added pour the vinegar in slowly. It is then ready to pour over the lettuce, or can be put in bottles until required.

N.B.—(1) A few drops of Tarragon (French) vinegar improves the flavour.

(2) Endive, watercress, mustard and cress, etc., can also be used.

## 3.—VICTORIA SANDWICH.

*Ingredients* :—2 eggs.

2 oz. butter.

3 oz. sugar (castor).

3 oz. flour.

 $\frac{1}{2}$  teaspoonful baking powder.

2 teaspoonfuls milk.

Jam or marmalade.

*Method* :—Cream the butter and sugar together, beat one egg, add it with half the flour to the mixture and mix well, beating very lightly ; then add remainder of flour, also the other egg ; lastly, add milk and powder. Line a baking-sheet with clean kitchen paper ; grease with melted butter and pour mixture on it ; bake about 10 minutes in a good oven. Turn on to a sugared pastry-board or sheet of paper, spread with jam or marmalade. Cut in two, lay one half on the other and cut into triangles, or it may be rolled up for a change.

## LESSON XII.

1.—Fish Cakes.

2.—Baked Teacup Pudding.

3.—Sweet Sauce.

4.—Bran Tea.

## 1.—FISH CAKES.

*Ingredients* :—1 lb. cooked fish. $\frac{1}{2}$  lb. mashed potatoes (warm).

{ 1 tablespoonful milk, or

{  $\frac{1}{2}$  oz. butter.

2 eggs.

 $\frac{1}{2}$  teaspoonful salt. $\frac{1}{4}$  teaspoonful pepper.

Parsley.

Frying oil.

Bread-crumbs.

*Method* :—Remove any skin or bones from the fish and break it up very small, with two forks. Put the potatoes, salt and pepper into a basin ; add the milk or butter (the latter would require melting), and one egg, to bind it thoroughly ; the mixture must not be too moist. Stir the fish in lightly, take up a tablespoonful of the mixture, and put it on a floured pastry board, shape with a knife into round cakes about one inch thick ; continue until all the mixture is used up. Put the crumbs on a piece of paper, beat the other egg on a plate, brush the cakes over with it, and dip them into the crumbs.

Have the oil quite hot in a stew or frying pan, place in the cakes, and fry a golden brown, drain on kitchen paper. Arrange on a hot dish and garnish with parsley, which can be fried, or not, as desired.

## 2.—BAKED TEACUP PUDDING.

*Ingredients* :—1 dessert-spoonful cornflour.

1 teaspoonful sugar.

A few grains of salt.

$\frac{1}{2}$  pint milk.

A little butter.

1 egg.

Lemon or vanilla flavouring.

*Method* :—Mix the cornflour quite smooth with a little of the milk, then add sugar and salt with the rest of the milk. Put all into an enamelled saucepan, and stir over the fire until it boils ; cook for a few minutes. Beat the egg, add it to the mixture (which should be slightly cooled), pour into a greased pie-dish and bake.

N.B.—This pudding can be steamed for a change.

## 3.—SWEET SAUCE.

*Ingredients* :—1 oz. butter.

$\frac{1}{2}$  oz. flour.

$1\frac{1}{2}$  gills milk.

$\frac{1}{2}$  oz. castor sugar.

*Method* :—Melt the butter in a clean saucepan, stir in the flour, until quite smooth, add the milk by degrees, stirring well all the time. Let it come to the boil, then cook for 5 minutes, add the sugar and serve.

N.B.—Flavouring can be used if liked.

## 4.—BRAN TEA.

*Ingredients* :—3 tablespoonfuls bran.  
 1 quart boiling water.  
 Lemon, sugar or honey to taste.

*Method* :—Pour a quart of water on the bran, let it stand  $\frac{1}{4}$  hour, sweeten with sugar or honey, and strain before serving through a muslin bag. Flavour to taste.

## LESSON XIII.

- 1.—Haricot Soup.
- 2.—Gingerbread.
- 3.—Potato Pastry.

## 1.—HARICOT SOUP.

*Ingredients* :—1 pint haricot beans.  
 2 onions (scalded).  
 1 carrot.  
 1 turnip.  
 2 quarts cold water or stock.  
 $\frac{1}{2}$  oz. dripping.  
 Salt and pepper to taste.

*Method* :—Soak the beans over night, next morning strain and put them into a saucepan with the fat, cold water or stock. Put them on the fire to boil. Cut the vegetables into small pieces ; when the soup boils, put them in and *simmer* from 2 to 3 hours, or until soft. Then strain through a wire sieve or colander, into a bowl, and rub vegetables, etc., through with a wooden spoon. Season to taste, put it back into the pan to get hot, and serve with squares of toast or fried bread.

## 2.—GINGERBREAD.

*Ingredients* :—1 lb. flour.  
 1 lb. golden syrup.  
 $\frac{1}{4}$  lb. butter.  
 2 oz. sugar (moist).  
 1 oz. peel.  
 2 teaspoonfuls ground ginger.  
 1 teaspoonful carbonate of soda.  
 2 eggs.  
 1 gill milk.  
 A little salt.

*Method* :—Put the syrup, butter and sugar into a saucepan to dissolve over a slow fire. Beat the eggs and shred the peel finely. Mix the flour, peel, and ginger in a basin, then stir in the syrup, etc., from the saucepan, also the eggs, and beat well. Dissolve the soda in the milk, add it to the mixture and beat again, pour into a tin lined with greased paper, and bake in a slow oven about  $\frac{3}{4}$  hour. When done, let it cool a few minutes, and turn on to a sieve, or let it lean, to allow the steam to escape.

N.B.—(1) Half white flour, and half whole meal will also make a very wholesome gingerbread.

(2) The rind of a lemon or orange grated, and put in the cake is a great improvement.

(3) As this cake contains syrup it is liable to burn, therefore flour the tin slightly before putting in the greased paper.

If a skewer be inserted and comes out clean, the cake is done.

## 3.—POTATO PASTRY.

*Ingredients* :— $\frac{1}{4}$  lb. cold boiled potatoes.  
 $\frac{1}{4}$  lb. flour.  
 2 oz. dripping.  
 A little salt  
 $\frac{1}{4}$  teaspoonful baking powder.  
 A little water.  
 $\frac{1}{4}$  lb. jam.

*Method* :—Put the flour and dripping into a basin, rub together lightly with the finger tips until all lumps are gone. Mash the potatoes and stir in lightly, also the powder; gradually add the water and form into a stiff paste. Turn on to a floured



board, and roll out to about  $\frac{1}{4}$  of an inch in thickness. Line some patty-pans with it, and decorate the edge, prick the centre of the pastry (to prevent it puffing). Bake in a hot oven  $\frac{1}{4}$  hour.

When done put in a little jam. These may be eaten warm or cold.

## LESSON XIV.

### 1.—Stewed Lentils.

### 2.—Soda Buns.

### 3.—Cocoa.

#### 1.—STEWED LENTILS.

*Ingredients* :—1 pint lentils.

2 onions (scalded).

A little dripping.

1 tablespoonful parsley (chopped).

1 quart water or stock (hot).

Salt and pepper (to taste).

*Method* :—Prepare the lentils by soaking them in cold water over night. When required for cooking put them into a stewpan with the dripping, simmer for 5 minutes, then add the stock or water, and onion, cook gently until soft (or for about  $1\frac{1}{2}$  hours). Dish up the lentils, put the onions in the centre, and sprinkle the parsley over. The seasoning should be added just before dishing, as if added too soon, the flavour is lost in cooking.

N.B.—Carrots and turnips, prepared as for “Brown” stew, can be used for garnishing this dish in a similar manner.

#### 2.—SODA BUNS.

*Ingredients* :—1 lb. flour.

$\frac{1}{4}$  lb. butter.

$\frac{1}{4}$  lb. castor sugar.

2 eggs.

About 1 gill of milk.

1 teaspoonful carbonate of soda.

1 teaspoonful of vinegar.

A little salt.

Candied peel, if liked (shredded).



*Method* :—Beat the butter and sugar to a cream in a clean basin, crack the eggs and beat them in another basin, dissolve the soda in the milk ; add these to the eggs, then by degrees to the butter, with the flour, until all are thoroughly mixed. Lastly beat in a teaspoonful of vinegar (which will take away the taste of the soda). Put the mixture in heaps on a floured tin, or in greased patty-pans, and bake in a moderate oven, until a skewer, when inserted in the buns, will come out quite clean. Put the buns on a sieve to cool.

N.B.—The peel can be used either to decorate the buns or to put inside, just as preferred.

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### 3.—COCOA.

*Ingredients* :—1 teaspoonful cocoa (Cadbury's).  
1 breakfast eup boiling water.  
Milk and sugar (if liked).

*Method* :—Put the cocoa in a eup with sugar, pour on a breakfast eupful of boiling water, or milk and water ; return to the saucepan and boil.

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## LESSON XV.

- 1.—Rissoles of Cold Meat.
- 2.—Dutch Apple Pie.
- 3.—Black Currant Tea.

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### 1.—RISSOLES OF COLD MEAT.

*Ingredients* :—1 lb. cold meat.  
 $\frac{1}{4}$  gill of stock (about).  
1 tablespoonful parsley (chopped).  
2 eggs.  
1 onion.  
Pepper and salt (to taste).  
A grate of nutmeg.  
A little lemon rind.  
Bread-crumbs.  
Frying fat.

*Method* :—Chop the meat finely, taking away any fat, chop the onion and fry in the dripping, strain and add it to the meat, also nutmeg, lemon rind, seasoning and about 2 tablespoonfuls of crumbs. Beat the egg slightly in another basin, stir into the dry ingredients, with the stock. Take up the mixture in tablespoonfuls and form into balls or any pretty shapes. Egg and bread-crumbs them, and fry a nice brown in boiling fat. Drain and serve on a hot dish, and garnish with parsley.

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## 2.—DUTCH APPLE PIE.

*Ingredients* :—Short or flaky crust.  
 2 lbs. apples.  
 $\frac{1}{4}$  lb. sugar or to taste.  
 $\frac{1}{4}$  lb. currants.  
 Cloves.  
 A little water.

*Method* :—Wash the currants and put a layer of them at the bottom of a pie-dish, then a layer of apples, sprinkle a little sugar over, and add one or two cloves, repeat until all the ingredients are used up or the pie-dish is nearly full, then pour in a little water. Roll out the pastry a little larger than the top of the dish. Cut a piece off the edge and place round the pie-dish, wet the pastry; put on the top carefully, pressing the two edges together with the fingers; ornament the edge. Brush the top over with water, sprinkle with castor sugar, and bake in a hot oven for 20 minutes, then remove to a cooler part for about  $\frac{1}{4}$  hour.

N.B.—A little grated lemon rind may be used for flavouring.

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## 3.—BLACK CURRANT TEA.

*Ingredients* :—1 tablespoonful of black currant jam.  
 $\frac{1}{4}$  pint of water.  
 A little sugar.  
 A little lemon juice if liked.

*Method* :—Put the jam into a saucepan with the water and sugar, and let it simmer for  $\frac{1}{4}$  hour. Strain into a jug ready for use.

## LESSON XVI.

- 1.—Sausage Potatoes.
  - 2.—Marmalade Pudding.
  - 3.—Beef Tea Custard.
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## 1.—SAUSAGE POTATOES.

*Ingredients* :— $\frac{1}{2}$  lb. sausages (beef or veal).  
 2 lbs. cooked potatoes.  
 2 oz. dripping.  
 Salt and pepper.  
 A little parsley (to decorate).

*Method* :—Boil the sausages until tender, then strain, skin and cut them into halves. Mash the potatoes (which must be warm) with a fork, adding sufficient dripping to moisten them. Season and take up a tablespoonful on a spoon, place on a greased tin. Lay on a piece of sausage, then cover with potato and bake until a golden brown.

N.B.—If parsley cannot be easily procured, water-cress makes an equally pretty garnish.

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## 2.—MARMALADE PUDDING.

*Ingredients* :— $\frac{1}{2}$  lb. bread crumbs.  
 $\frac{1}{4}$  lb. suet.  
 2 oz. candied peel (shredded).  
 Rind of 1 lemon (chopped).  
 2 or 3 eggs.  
 $\frac{1}{2}$  lb. Marmalade (about).

*Method* :—Shred and chop the suet (using the crumbs to prevent it sticking to the knife), put it into a basin with lemon rind and peel. Beat the eggs (be sure and ascertain they are good), mix with the marmalade and stir into the other ingredients. Put the mixture into a greased basin, cover with greased paper and steam 3 to 4 hours or cover with a cloth and boil 2 to 3 hours. Serve with sauce, if liked.

### 3.—BEEF TEA CUSTARD.

*Ingredients* :—1 gill of beef tea (good).

1 egg.

A little salt and dripping.

*Method* :—Put on a saucepan of water to boil. Grease a small basin or gallipot. Break the egg into a basin, add salt and beat well, stir into the beef tea, which must be rather cool. Pour into the greased basin, cover with greased paper and steam  $\frac{1}{2}$  hour. When done remove the paper, and turn carefully on to a dish. Serve hot or cold.

## LESSON XVII.

1.—Soda Cake.

2.—Savoury Macaroni.

3.—Apple Water.

### 1.—SODA CAKE.

*Ingredients* :—1 lb. flour.

6 oz. butter.

$\frac{1}{4}$  lb. sugar.

$\frac{1}{4}$  lb. currants or sultanas (cleaned).

1 teaspoonful carbonate of soda.

2 eggs.

1 gill milk (or more).

1 teaspoonful salt.

A little vinegar.

2 oz. candied peel (shredded).

*Method* :—Beat sugar and butter in a basin, separate eggs, put whites on a plate with salt, then beat to a stiff froth. Place the yolks in a basin and beat well. Beat yolks into butter and sugar, gradually add flour and fruit, dissolve soda, add this and the vinegar to the mixture; lastly stir in the whites. Grease and line a cake-tin, pour the mixture in, and bake in a moderate oven until (when pressing the top of the cake) it is firm, or test as for buns. The peel may be put, in slices, outside the cake for a change.

## 2.—SAVOURY MACARONI.

*Ingredients* :— $\frac{1}{4}$  lb. macaroni.  
 $1\frac{1}{2}$  oz. butter.  
 3 oz. cheese (grated).  
 $\frac{1}{2}$  pint of milk.  
 1 oz. flour.  
 Cayenne pepper and salt to taste.  
 $\frac{1}{2}$  teaspoonful of *made* mustard.

*Method* :—Break the macaroni into short pieces and wash. At once place in a saucepan of boiling water with about a teaspoonful of salt, and boil until tender, which will be in about 30 to 45 minutes. Then strain away the water. Melt the butter in a saucepan and stir in the flour. When the mixture is smooth, add by degrees the  $\frac{1}{2}$  pint of milk, and stir until it boils and thickens. Then add 2 ozs. of the grated cheese, also the seasoning, and stir in the macaroni. When all is well mixed, turn out on a hot flat dish, sprinkle over the rest of the cheese, put into the oven or in front of the fire, and when the top is nicely browned it will be ready for sending to the table.

## 3.—APPLE WATER.

*Ingredients* :—3 apples.  
 1 pint of boiling water.  
 Sugar to taste.  
 A thin piece of lemon rind.

*Method* :—Wipe the apples, cut them in slices without peeling or coring. Put into a jug with the lemon rind and sugar. Pour the boiling water over these ingredients and allow them to stand until cool. Strain the liquid into a clean jug or glass.

N.B.—This makes a very cooling drink for use in summer, and is also useful in fever cases.

## LESSON XVIII.

1.—Hash.

2.—Cauliflower with White Sauce.

3.—Swiss Pudding.

## 1.—HASH.

*Ingredients* :—1 lb. of cooked meat and bones.

2 onions.

1 carrot.

A small bunch of herbs.

 $\frac{1}{2}$  oz. dripping.

1 tablespoonful flour.

1 dessert-spoonful ketchup.

 $\frac{1}{2}$  teaspoonful salt. $\frac{1}{4}$  teaspoonful pepper.

*Method* :—Chop the bones of the meat into small pieces, and put them into a saucepan with enough cold water to cover them. Add the herbs, one onion, also the carrot, washed, scraped, and cut into slices. Let them simmer gently  $1\frac{1}{2}$  hours, strain the gravy from them, and add the seasoning; cut the other onion into slices, fry it brown in the dripping, add to the gravy, and thicken with the flour. Stir well until all boils, then add ketchup; cut the meat into nice pieces, and let it get hot in the gravy, but do not boil. Serve with mashed potatoes or small pieces of toast placed round.

## 2.—CAULIFLOWER WITH WHITE SAUCE.

*Ingredients* :—1 cauliflower.

Boiling water.

1 tablespoonful salt.

A little sugar or soda.

2 oz. flour.

1 pint white stock.

2 bay leaves.

A little nutmeg.

*Method* :—Boil the cauliflower (head downwards) in a sauce-



pan of boiling water, to which have been added salt, and sugar or soda; strain when quite tender, pour the sauce over.  
*To make Sauce* :—Put 2 oz. of flour in a clean saucepan, stir in the stock until quite smooth, add the bay leaves and a little nutmeg, and let it come to the boil; cook a few minutes, take out the leaves, and pour over the cauliflower.

### 3.—LEMON PUDDING.

*Ingredients* :—8 oz. bread crumbs.  
 4 oz. suet.  
 3 oz. castor sugar.  
 Juice and rind of 2 lemons.  
 1 egg.  
 A pinch of salt.

*Method* :—Chop the suet finely, using the bread crumbs (which will prevent it sticking to the knife); put into a basin with the sugar and lemon rind (finely chopped), squeeze the lemons, strain the juice into the dry ingredients; beat the egg and add it also. Grease a basin or mould, put in the mixture, cover with greased paper, and steam for 1 hour.

## LESSON XIX.

- 1.—Stewed Veal with Force meat Balls.
- 2.—Lemon or Walnut Sauce.
- 3.—Butter Cakes.

### 1.—STEWED VEAL WITH FORCEMEAT BALLS.

*Ingredients* :—4 lbs. breast or knuckle of veal.  
 1 onion.  
 2 teaspoonfuls salt (or to taste).  
 $\frac{1}{2}$  teaspoonful pepper.  
 $\frac{1}{4}$  teaspoonful ginger.  
 2 tablespoonfuls parsley (chopped).  
 2 tablespoonfuls bread crumbs.  
 Sufficient hot water to cover.



*For the Balls :—* $\frac{1}{4}$  lb. chopped meat.  
 1 egg.  
 1 tablespoonful parsley (chopped).  
 1 teaspoonful salt.  
 $\frac{1}{4}$  teaspoonful pepper.  
 A little ginger.  
 Lemon rind.  
 Bread-crums.

*Method :—*Put the meat in a stewpan with the onion, pepper, salt, and ginger ; let it come to the boil ; remove seum, and simmer gently from 2 to 3 hours.

Put the chopped meat in a basin, with the parsley seasoning and lemon rind ; beat up the egg a little, add this to the basin, with sufficient crumbs to bind all together. Put a little of the mixture in a spoon dipped in crumbs, and shape into a ball with a knife. Drop these into the stew carefully 20 minutes before dishing, add the rest of the parsley and a few crumbs 5 minutes before sending to table, so as to thicken the gravy.

When dishing the stew take the balls out first, or they will break.

## 2.—LEMON SAUCE.

*Ingredients :—*2 eggs.  
 2 lemons (juice only).  
 1 gill of water.

*Method :—*Squeeze and strain the lemons, add the juice gradually to the eggs, which have been previously well beaten ; put into a clean white saucepan, and stir over a slow fire until it becomes thick. A little more water may be added if not liked too sour.

## WALNUT SAUCE.

*Ingredients :—*1 tablespoonful flour.  
 $\frac{1}{2}$  pint of stock (from stew).  
 2 or 3 pickled walnuts.  
 1 or 2 tablespoonfuls walnut vinegar.

*Method :—*Mix the flour with the stock or gravy, and let it

boil until the flour is quite cooked ; break up the walnuts and add these with the vinegar ; pour all over the stew about 10 minutes before dishing.

### 3.—BUTTER CAKES.

*Ingredients* :—1 lb. flour.  
 $\frac{1}{2}$  lb. butter.  
 6 oz. castor sugar.  
 $\frac{1}{4}$  teaspoonful cinnamon.  
 Nutmeg and cloves.  
 A little peel.  
 1 or 2 eggs.

*Method* :—Rub the butter and flour in with the tips of the fingers until no lumps can be seen. Add sugar, spice, and peel shredded finely ; beat the egg in a separate basin and add to the flour, etc. ; stir with a wooden spoon, or knead with the hand until the paste is quite smooth. It should not be too moist. Put on a floured board, roll out carefully, cut into shape with a cutter, glass or cup, put on a flat tin, and bake in a moderate oven from 20 to 30 minutes.

N.B.—For a change some of the peel can be put on the outside of the cakes to decorate.

## LESSON XX.

- 1.—Beef Olives with Brussels Sprouts.
- 2.—Sultana or Currant Cake.

### 1.—BEEF OLIVES WITH BRUSSELS SPROUTS.

*Ingredients* :— $1\frac{1}{2}$  lbs. of beef steak.  
 1 pint boiling water or stock.  
 1 dessert-spoonful flour.  
 Force-meat.  
 2 lbs. sprouts.

*Method* :—Cut the meat into slices about  $\frac{1}{2}$  inch thick and

4 inches long, beat them flat with a chopper or rolling-pin dipped in water, trim them, put a piece of forcemeat on each piece of beef, roll them up and tie with cotton. Place them in a stewpan, pour over the gravy, cover closely and simmer gently until tender, about 1 to 1½ hours. Take out the olives (remove cotton), place them on a hot dish and keep hot. Thicken the gravy with flour. Stir until it boils, cook for 3 to 4 minutes and pour over them. Cook the sprouts (like other green vegetables) and put them in centre of olives.

N.B.—Slices of underdone beef can be used, but only cook ½ hour.

## 2.—SULTANA OR CURRANT CAKE.

*Ingredients* :—½ lb flour.

3 or 4 oz. butter.

¼ lb. castor sugar.

2 eggs.

About ½ gill milk.

A little salt.

2 oz. peel (shredded).

4 or 6 oz. sultanas or currants (cleaned and picked).

1 teaspoonful baking powder.

Lemon rind or flavouring.

*Method* :—Put the flour, salt, powder and butter into a basin, rub together with the finger tips until there are no lumps remaining, add the fruit and stir well. Separate the eggs, beat yolks and milk, add these to dry ingredients. Whip whites to a stiff froth and stir in lightly. (The cake must not be too moist.) Line a cake-tin with *buttered* paper, put the mixture into it and bake in a moderate oven for about an hour, or until a skewer (when pierced through the cake), will come out quite clean. Take the cake out of the tin and stand on its side to cool, or on a sieve or basket-lid.

N.B.—A knitting needle will answer the purpose of a skewer.

## RESERVE DISHES.

### 1.—Milk Biscuits.

### 2.—Spanish Onions (Boiled and Baked).

#### 1.—MILK BISCUITS.

*Ingredients* :—1 gill milk.  
1 oz. butter.  
 $\frac{1}{2}$  lb. flour.  
1 teaspoonful baking powder.

*Method* :—Warm the milk and butter in a clean saucepan, put the flour into a basin with the baking powder. Pour the warm milk, etc., over the flour and stir carefully into a smooth paste. Flour a board, turn the paste on to it, and roll it out as thinly as possible. Cut into rounds with a cutter, flour a tin, put on the biscuits and bake for 20 minutes in a moderate oven ; turn on a sieve to cool.

N.B.—The biscuits can be pricked with a fork before baking, to decorate, and prevent them rising too much.

#### 2.—SPANISH ONIONS.

*Ingredients* :—1 Spanish onion.  
1 gill of milk.  
 $\frac{1}{2}$  oz. flour.  
Pepper and salt to taste.  
1 oz. butter.

*Method* :—Skin the onion, put into boiling water and boil it till quite tender (from 1 or 2 hours according to size), strain off the water. Melt the butter in a white saucepan, remove it from the fire and stir the flour in until quite smooth ; add the milk, pepper and salt, let it boil stirring all the time ; when quite cooked put in the onion and allow it to thoroughly heat in the sauce. Serve in a vegetable dish.

#### BAKED SPANISH ONIONS.

Skin the onions, parboil, season and cook under the roast meat in the dripping pan ; or in a tin in the oven. If no joint is being cooked a little dripping must be added.

## SEASON DISHES.

- 1.—Christmas Pudding.
  - 2.—Stuffed Tomatoes.
  - 3.—Mincemeat.
  - 4.—Pickles (Various).
  - 5.—Stuffed Vegetable Marrow.
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### 1.—CHRISTMAS PUDDING.

*Ingredients* :—1 lb. raisins (stoned).  
 1 lb. currants (cleaned and picked).  
 1 lb. moist sugar.  
 $\frac{1}{2}$  lb. sultanas (cleaned and picked).  
 $\frac{1}{2}$  lb. peel (shredded).  
 $\frac{1}{4}$  lb. almonds (blanched and shredded).  
 $\frac{3}{4}$  lb. flour.  
 $\frac{1}{4}$  lb. bread-crumbs.  
 $\frac{3}{4}$  lb. beef suet (finely chopped).  
 6 eggs.  
 About one gill of ale (old).  
 Rind of 1 lemon (chopped).  
 $\frac{1}{2}$  teaspoonful salt.  
 Ginger, cloves, nutmeg, cinnamon (1 tea-  
 spoonful or to taste).

*Method* :—Mix the dry ingredients thoroughly, beat the eggs well (be careful to ascertain that they are all fresh), add them and the ale to the basin and again stir well. Grease some moulds or basins, fill with the mixture, cover with greased paper and tie a cloth over. Boil from 6 to 10 hours according to size. Turn on to a hot dish and dust with castor sugar.

N.B.—All puddings can be steamed, then no *cloth* is required, and only sufficient water to come half way up the basin.

## 2.—STUFFED TOMATOES.

*Ingredients* :—2 or 3 tomatoes.

Force meat (*same as for balls, see page 91*).

*Method* :—Take the inside out of the tomatoes, prepare the force meat adding the tomato pulp ; fill the tomatoes with this, lay on a tin, season and add a little dripping, put in a moderate oven and bake until quite done.

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## 3.—MINCEMEAT.

*Ingredients* :—1 lb. apples.

$\frac{1}{2}$  lb. grapes.

$\frac{1}{2}$  lb. raisins.

$\frac{1}{2}$  lb. sultanas.

2 ozs. ground almonds.

$\frac{1}{4}$  lb. brown sugar.

$\frac{1}{4}$  lb. mixed peel.

Lemon rind and juice.

$\frac{1}{4}$  teaspoonful spice.

A little salt.

*Method* :—Peel, core and slice the apples, stone the raisins, clean the sultanas, and cut the peel finely. Chop all together until very fine, using a little of the sugar (which makes them easier to chop). Pick the grapes off the stalks, put into a basin and cover with boiling water, skin them, press out the stones, chop the lemon rind, squeeze the juice and strain it into a basin ; stir all the ingredients together thoroughly, then put into a jar and cover closely.

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## 4.—TO PICKLE RED CABBAGE.

*Ingredients* :—1 cabbage.

1 quart best vinegar.

3 pieces whole ginger

$\frac{1}{4}$  oz. whole allspice.

$\frac{1}{2}$  oz. whole pepper.

Salt and sugar to taste.

} *Tied together in muslin.*

*Method* :—Remove the outer leaves, quarter the cabbage, and with a sharp knife cut across very thinly into long strips. Boil the



spice with the vinegar, salt and sugar ; let all cool, then pour over the cabbage ; put into clean, dry jars and cover it down closely.

N.B.—(1) This applies to all pickles except those which have to retain a green colour, then the vinegar must be added hot.

(2) In pickling onions the skins must first be carefully removed.

### 5.—STUFFED VEGETABLE MARROW.

*Ingredients* :—1 medium-sized marrow.

Pieces of cold meat.

3 tablespoonfuls breadcrumbs.

Parsley and thyme.

2 ozs. dripping.

A little stock.

Salt and pepper (to taste).

*Method* :—Peel the marrow, divide it lengthways and take out the seeds. Chop the meat, add the breadcrumbs, mix together and season to taste, then moisten with a little stock. Fill each half of the marrow with the forcemeat, tie them together, sprinkle with salt and pepper. Put the dripping in a baking tin, place the marrow on, and bake for 1 hour, basting occasionally. Serve with brown gravy. (*See page 75.*)

N.B.—About 10 minutes before serving, well baste with the dripping, and dredge with browned crumbs or raspings, as this addition greatly improves the appearance.





EXTRA RESERVE DISHES.



## EXTRA RESERVE DISHES.

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### ROAST BULLOCK'S HEART.

*Ingredients* :—1 bullock's heart.

About  $\frac{1}{4}$  lb. marrow or dripping.

About  $\frac{1}{4}$  lb. bread-crumbs.

1 tablespoonful parsley (finely chopped).

2 eggs.

Salt and pepper to taste.

*Method* :—The method of *koshering* must be followed (as in *Rule 2*), only that the blood contained therein, and the veins must be *removed* before salting. Well cleanse the cavities. When the heart is thoroughly cleansed, dry it with a cloth and remove the "deaf ears," etc. Fill all the cavities or openings with stuffing, made in the above-named quantities. Tie a greased paper over the stuffing and then bake (or roast) for about  $2\frac{1}{4}$  hours, well basting the whole time. Send good brown gravy to table with the heart, also red currant jelly.

N.B.—Many cooks prefer *boiling* a heart (for about an hour) before roasting it, as they consider that method makes it more digestible and also avoids the "greasy" taste of which some complain.

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### ORANGE PUDDING, WITH MERINGUE CRUST.

*Ingredients* :—8 oranges.

$\frac{1}{2}$  lb. castor sugar.

1 pint milk.

About 1 tablespoonful cornflour.

3 yolks of eggs.

A little essence of lemon.

*Crust* :—4 whites of eggs.

6 oz. sugar.

*Method* :—After peeling the oranges, take away all the pith, then cut them in slices and lay at the bottom of a pie-dish. Sprinkle over  $\frac{1}{4}$  lb. of castor sugar.

Put half a pint of the milk into a saucepan and bring to the boil, then add the remainder of the sugar. Mix the table-spoonful of cornflour with a little of the remaining cold milk, then stir into the boiling milk and keep stirring till it thickens. Break 3 eggs (separating the yolks from the whites); beat up the yolks with the rest of the cold milk, and (when the mixture is off the boil) stir well together, flavour with a little lemon and pour the custard over the oranges.

Bake in a moderate oven for about 20 minutes, or until the custard has set.

*Crust* :—Whip up the whites of eggs on a clean plate with a knife to a stiff froth; then sprinkle over the 6 ozs. of sugar, and beat into the whites; place this *meringue* on the top of the pudding, and return to a cool oven until a light golden colour.

## VEAL CUTLETS.

*Ingredients* :—About 1 lb. fillet of veal (carefully selected).  
 1 dessert-spoonful of parsley (finely chopped).  
 1 teaspoonful of mixed herbs.  
 1 oz. melted fat.  
 Pepper and salt to taste.  
 Frying fat.

*Method* :—Cut the veal into pieces about 4 inches long, and 3 inches wide. Mix all the seasoning on a plate; melt the fat in the frying-pan, and dip each "cutlet" into it and then into the mixed herbs; fry a golden-brown colour in plenty of fat. The cutlets will take about 20 minutes to cook, and should be arranged in a circle on a hot dish.

N.B.—(1) The addition of a tablespoonful of *salad oil* to the fat is an improvement when frying veal.

(2) A little brown gravy (*see page 75*) flavoured with lemon

juice is a suitable addition, but it should be sent to table separately in a boat, as many people prefer the outlets dry and crisp.

(3) Nicely cooked tomatoes can also be served with this dish.

### TAPIOCA AND APPLE PUDDING.

*Ingredients* :—3 oz. tapioca.  
 $1\frac{1}{2}$  pints milk.  
 $\frac{1}{4}$  lb. sugar.  
 1 egg.  
 6 apples (small).  
 Two or three cloves.  
 A little butter.  
 A pinch of salt.

*Method* :—Soak the tapioca in half pint of milk for about 1 hour, then add the rest of the milk ; boil until clear, and sweeten to taste. Well grease a pie-dish with the butter. Peel and core the apples and put them in a dish. Break and beat the egg lightly ; mix well with the tapioca, and when quite cool, pour the whole mixture over the apples and bake in a moderately hot oven for about  $\frac{3}{4}$  hour. When ready for the table sift a little castor sugar over the pudding.

### HORSERADISH SAUCE.

*Ingredients* :—2 tablespoonfuls of grated horseradish.  
 The yolk of 1 egg.  
 1 teaspoonful of mustard.  
 $\frac{1}{2}$  tablespoonful of salt.  
 3 tablespoonfuls of the best salad oil.  
 3 tablespoonfuls of vinegar.

*Method* :—Wash and scrub the horseradish, and soak it in cold water for about 1 hour, then scrape it very finely with a sharp knife. When grated mix two tablespoonfuls of the horseradish with the salt and mustard ; beat the yolk and gradually work in the oil and vinegar. When all is perfectly smooth add it to the horseradish, etc., mix all these ingredients well together, and serve in a sauce tureen.

N.B.—If this sauce should be required for hot roast beef or fish, it must be previously stood in a small jar in a saucepan of boiling water, in order to heat it through, as otherwise (if served cold) it is likely to spoil the dinner by making everything else on the same plate cold.

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### LEMON SYRUP.

*Ingredients* :—2 lbs. of lump sugar.  
 About  $1\frac{1}{4}$  pints of boiling water.  
 2 oz. of granulated citric acid.  
 30 drops of essence of lemon.

*Method* :—Dissolve the sugar in the boiling water and let it get cold. Then stir in the citric acid, and after that has dissolved add the essence of lemon, and bottle for use. A dessertspoonful of the syrup in a tumbler of water forms a refreshing drink, and the addition of a little carbonate of soda makes a pleasant effervescing drink.

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### TOMATO SOUP.

*Ingredients* :—2 quarts of stock.  
 A tin of tomatoes (or 2 lbs. of cheap fresh ones).  
 1 large carrot and 1 small turnip.  
 3 shallots (scalded).  
 2 small or 1 large blade of mace.  
 1 teaspoonful of mixed herbs.  
 A tablespoonful of vinegar or lemon juice.  
 2 tablespoonfuls of semolina.  
 Pepper and salt to taste.

*Method* :—Put the stock into a saucepan, and let it gradually come to the boil. Prepare and cut up the vegetables as liked, then add them with the tomatoes to the stock. Let all simmer very gently, carefully removing any scum that may rise. When all the scum has been taken off, add the flavouring and



the seasoning, and simmer until the vegetables are tender. Pour the soup through a wire sieve, colander, or strainer into a basin, rubbing the vegetables through with the back of a wooden spoon. Return the soup to the saucepan to again get hot, and sprinkle in the semolina, stirring gently for about 10 minutes. Serve in a hot soup tureen.

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## COMPOTE OF ORANGES.

*Ingredients* :—8 oranges.

1 $\frac{1}{4}$  lbs. lump sugar.

1 $\frac{1}{2}$  pints of cold water.

The whites of 3 eggs.

*Method* :—The rinds of the oranges must be pceled off very thinly indeed, then boil it in the water with the sugar for 20 minutes (or until clear); strain out the rind and return the syrup to the saucepan. Carefully peel the white pith from the oranges and divide them into sections. After the syrup has come to the boil, add the oranges and allow them to simmer for about five minutes, being careful that the sections do not crack. Arrange in a circle in a glass dish; pour in the syrup and garnish with the whipped whites of the eggs. A little finely chopped citron (sprinkled over) gives this dish an effective appearance.

N.B.—Unless the syrup is kept *well skimmed* while the rind is cooking, it will not become clear.

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## RICE BALLS.

*Ingredients* :— $\frac{1}{4}$  lb. whole rice.

3 oz. sugar.

1 pint of milk.

1 egg.

A little essence of lemon or vanilla.

A few bread crumbs.

Butter for frying.

*Method* :—After washing the rice, boil it in the milk with the sugar, until all the milk is absorbed. Flavour to taste, and when quite cold, shake into balls. Egg them over and sprinkle well with bread crumbs. Fry in very hot butter until a golden brown colour. As each ball is cooked, place it upon kitchen paper, then dish them on a neatly cut or folded paper with some castor sugar sifted over.

N.B.—(1) For variety a little jam could be placed in the centre of the balls when shaking them.

### PICKLED FISH IN VINEGAR.

*Ingredients* :—6 herrings.  
 30 peppercorns.  
 1 blade of mace.  
 1 shallot or onion.  
 1 bay leaf.  
 1 gill of vinegar.  
 $\frac{1}{2}$  gill of water.  
 $\frac{1}{2}$  teaspoonful of salt.

*Method* :—Wash and clean the herrings, cut off the heads, dry well, cut into thick pieces, pack closely in a jar and add the other ingredients. Cover the jar closely and bake in a slow oven for  $1\frac{1}{2}$  hours.

### RICH GENOA CAKE.

*Ingredients* :—10 oz. flour.  
 $\frac{1}{2}$  lb. butter.  
 $\frac{1}{2}$  lb. sugar.  
 3 oz. candied peel.  
 1 oz. pistachio kernels.  
 2 oz. almonds.  
 6 oz. sultanas.  
 1 teaspoonful of baking powder.  
 5 eggs.  
 Grated rind of 1 lemon.

*Method* :—Cream the butter well, add the sugar, and “cream”

again ; beat the eggs, adding them one at a time with the flour, beating all well together. Then add the almonds (blanched), pistachio kernels, and peel, cut into strips, also the sultanas. Lastly, add the baking powder, mixing well together. Bake in a shallow tin or sauté pan for  $1\frac{1}{2}$  hours in a moderate oven.

## ROAST TURKEY.

*Stuffing* : —4 tablespoonfuls bread-crums.

4 oz. marrow or dripping.

2 tablespoonfuls parsley.

1 tablespoonful mixed herbs (thyme and marjoram).

3 eggs.

Pepper and salt.

*Method* :—After the turkey has been plucked, it should be drawn and prepared as follows :—In drawing be careful not to break the gall bag, which adheres to the liver, as no amount of washing will remove the bitter taste that it will give to any part of the bird which it touches. Remove the feet, draw out the sinews, then cut off the head and neck close to the body, leaving enough of the neck skin to turn over the back when the bird is stuffed ; singe and kosher it. After koshering, place the legs in boiling water for about 10 minutes so that the rough skin can be readily removed. Fill the breast with stuffing mixed in above quantities, then sew the neck over the back, press the legs close to the breast, and pass a large trussing needle and twine through them and the body, and tie firmly. Turn the wings under the back and use the needle in the same way as previously ; then cut a slit in the apron and put the nose through. Grease a piece of paper and tie over the breast of the bird and place in the oven, or before a clear fire. Put plenty of fat in the pan and *baste often*, or the bird will become dry and tasteless. About a quarter of an hour before it is dished, remove the greased paper, and dredge a little flour over the breast, and again baste well until it becomes a light brown colour. When ready to dish, withdraw the strings, place on a very hot dish, and garnish with sausages and cut lemon. A piece of boiled smoked beef is a suitable addition,

and some guests might prefer it. The giblets can be used for a pie or stew.

*Time for Cooking* :—A turkey weighing about 10 lbs. will take from two to two and half hours to bake or roast.

*Gravy and Sauce* :—Good brown gravy should be sent to table with it, and bread sauce made in the following quantities, viz. :—Peel and parboil 2 medium-sized onions, stick 4 cloves in each, and put in a saucepan with 1 pint of white stock. Let it come to the boil, then simmer for about half an hour, add a breakfast-cupful of bread-crumbs, with 1 oz. of dripping, pepper and salt to taste, and a large blade of mace ; stir for about 10 minutes, when sufficiently cooked, take out the onions and mace, and serve in a boat or tureen.

N.B.—(1) An enamelled saucepan is preferable for making white sauces.

(2) If preferred (and in season), chestnut stuffing can be used for a change.

## WARMING-UP COLD FOWL.

*Ingredients* :—Any remains of cold fowl.

1 egg.

About 2 tablespoonfuls of bread-crumbs.

A little lemon-rind (chopped).

1 pint of stock (or water).

1 strip of celery.

A small piece of turnip, onion, and earrot.

Parsley.

$\frac{1}{2}$  teaspoonful of mixed herbs.

$\frac{1}{2}$  tablespoonful of flour.

Pepper and salt to taste.

Fat (for frying).

*Method* :—Divide the remains of the fowl into nice sized pieces. Beat the egg on a plate, dip each piece of fowl into it, and thoroughly cover with bread-crumbs. When the fat boils lay in as many pieces of fowl as will cover the bottom of the pan, and fry a nice brown colour. Then place on kitchen paper to drain. Arrange neatly on a hot dish, pour some gravy round, and garnish with slices of lemon and fried parsley.

*Gravy*:—Any bones that are left should be put into the stock or water, and boiled gently with the vegetables (to which the flavouring and seasoning should be added) for about one hour; then strain and thicken in the usual way.

N.B.—Cold turkey can be treated in the same manner.

## VANILLA BREAD PUDDING.

*Ingredients*:— $\frac{1}{4}$  lb. stale bread (in one thick slice without crust).

1 pint of milk.

2 (or 3) eggs.

$1\frac{1}{2}$  oz. sugar.

Sufficient essence of vanilla to flavour.

A little butter.

*Method*:—Well grease a pie-dish with the butter, and place the bread in it. Warm the milk in a clean saucepan, and dissolve the sugar in it. Beat up the eggs in a basin, and pour on them the milk, stirring well all the time, then add the flavouring. When thoroughly mixed, pour this over the bread in the pie-dish, cover with a plate, and set aside for about one hour; then bake in a moderate oven until set. When done it should be a light brown colour. This pudding can be turned out either hot or cold, and looks very pretty decorated with coloured jellies, or with stewed fruit placed round it.

## ROAST GOOSE.

*Stuffing*:—4 good sized onions (parboiled and chopped).

4 tablespoonfuls of bread-crumbs.

2 dessert-spoonfuls of sage.

Pepper and salt to taste.

*Method*:—After the goose has been plucked and drawn, singe off all the down and *kosher it*, cut off the neck close to

the body, leaving sufficient of the neck skin to turn over; then wipe out the inside of the bird with a clean cloth, cut off the feet and pinions at the first joint, and then proceed to stuff it with the ingredients mixed in the above-mentioned proportions. When stuffed, draw the legs well up, and pass a packing (or "trussing") needle and twine through them and the body, and tie in a knot at the side, then proceed in the same way with the pinions, only at the same time fasten in the neck skin. Cut off the end of the vent, and make a hole in the skin sufficiently large for the rump to go through, in order that the stuffing may not escape.

A moderate sized goose will take about  $1\frac{3}{4}$  hours to cook, but for a large one allow  $2\frac{1}{4}$  hours, as there is nothing more indigestible than an *underdone* goose. The giblets may be used for a stew or pie.

*Apple Sauce*.—Take about 1 lb. of apples, peel them and cut into slices, place them in a stewpan, with about 2 table-spoonfuls of water and sugar to taste. Place on the lid and simmer (stirring occasionally), until the apples are reduced to a pulp, then serve in a tureen or boat.

## TURNIPS (WITH WHITE SAUCE).

*Ingredients*:— $\frac{1}{2}$  bunch of turnips.  
 $\frac{1}{2}$  pint of white stock.  
 1 tablespoonful flour.  
 1 oz. dripping.  
 Pepper and salt to taste.

*Method*:—Place on the fire a saucepan of water to boil, peel the turnips (having previously got ready a pan of clean cold water, in which to place the turnips while preparing them) and then cut into large dice. When the water in the saucepan boils, add sufficient salt to the water to make it taste, drain the turnips, place in the saucepan and boil for 10 minutes (or until tender). Strain carefully so as not to break the dice.



Make the sauce with the above named ingredients, and add the turnips to it; let them get thoroughly hot, and serve. A bunch of turnips will go much further cooked in this way.

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### LEMON CHEESE CAKE MIXTURE.

*Ingredients*:— $\frac{1}{2}$  lb. fresh butter.  
 1 lb. loaf sugar.  
 6 eggs (keeping back 2 of the whites).  
 Rind of two lemons.  
 Juice of 3 lemons.  
 A few pounded biscuits or cake crumbs.

*Method*:—Rub the sugar on the lemons in order to obtain the flavour of the rind, then place the butter in an enamelled saucepan, add the sugar, lemon juice, also the eggs, place the saucepan over a slow fire and keep stirring (in one direction) until the mixture becomes like a thick custard. The biscuits or cake-crumbs prevent the mixture boiling out of the tartlets while cooking. When the mixture is cooked it should be put away into dry jam jars and covered down when cold.

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### ALMOND CAKES.

*Ingredients*:—1 lb. flour.  
 $\frac{1}{2}$  lb. butter (or  $\frac{3}{4}$  lb. to be rich).  
 $\frac{1}{4}$  lb. ground almonds.  
 $\frac{1}{2}$  lb. castor sugar.  
 A little lemon essence and salt.  
 1 or 2 eggs.

*Method*:—Put the butter and flour into a basin and rub together until quite fine, then add the almonds and sugar. Beat the egg and add it (with the flavouring) to the basin, and form into a smooth paste. Place on a floured pastry-board, roll out from  $\frac{1}{4}$  to  $\frac{1}{2}$  inch in thickness, cut into shapes with a cutter or glass, place on a baking-sheet, bake in a moderate oven (from 20 to 30 minutes) until a nice brown. Turn on a sieve or basket-lid to cool.



## CALF'S FOOT STEW.

*Ingredients* :—2 calf's feet.

1 onion.

4 cloves.

1 blade of mace.

A bunch of herbs (parsley, thyme and a bay leaf.

Salt and pepper to taste.

2 tablespoonfuls bread crumbs.

1 tablespoonful chopped parsley.

1 pint cold water.

*Method* :—Joint the feet into nice-sized pieces, lay them in a stewpan with the onion (sliced) pepper, salt, herbs and water, let it simmer very gently for 2 to 3 hours. About 10 minutes before dishing, add the crumbs and last of all the parsley; well shake the saucepan. Serve on a hot dish.

## HARICOT PURÉE.

*Ingredients* :—1 pint of haricot beans.

1 leek or onion.

1 teaspoonful salt.

$\frac{1}{4}$  teaspoonful pepper.

2 quarts of water.

$\frac{1}{2}$  pint of stock.

*Method* :—Soak the beans overnight in cold water; next morning put them in a saucepan with the sliced onion, water and salt. Put it on the fire and let it boil gently for 4 hours. When tender rub them through a sieve or colander, return to the saucepan, with the stock, pepper and add more salt if required. Let it get thoroughly hot and turn into a soup tureen.

## GLAZE.

*Ingredients* :—1 quart of meat or bone stock.

*Method* :—Boil a quart of stock, very rapidly, without a lid on the saucepan, until it is reduced to 1 gill, skimming carefully all the time.

## ROYAL ICING.

*Ingredients* :—2 lbs. icing sugar (sifted).  
 3 or 4 whites of eggs.  
 1 dessert-spoonful lemon juice.

*Method* :—Put the whites into a basin with the sifted sugar. Add the lemon juice and work up well in a basin, until it becomes quite smooth. The longer it is mixed the better the icing will be. Dip a knife into cold water and spread it over the cake until quite smooth.

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## FRENCH ICING.

*Ingredients* :— $\frac{3}{4}$  lb. icing sugar.  
 3 tablespoonfuls water (cold).  
 A little lemon juice.

*Method* :—Put the above ingredients into a stewpan, over the fire, and stir well with the lemon juice, until it is about the consisteney of cream. An ounce or two of grated chocolate added (*and stirred in well*) will make *chocolate icing*; if it be too stiff, add a little water.

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## MULLIGATAWNY SOUP.

*Ingredients* :—4 quarts of stock.  
 1 tablespoonful of curry powder.  
 2 tablespoonfuls of flour.  
 6 onions.  
 1 oz. dripping.  
 Salt to taste.  
 Juice of  $\frac{1}{2}$  lemon.  
 Rice.

*Method* :—Skin the onion and cut into slices, fry it in the dripping until a nice brown, then stir in the curry powder, flour, and sufficient stock to form a smooth paste. Add the remainder of the stock and allow all to come to the boil, then simmer gently. The salt and lemon juice should be added just before dishing, and boiled rice served with the soup.

## TO BOIL A TONGUE.

*Ingredients* :—1 smoked or salted tongue.

Cold water.

A section of garlie.

A little sugar (2 or 3 lumps).

*Method* :—Soak the tongue overnight ; put it in a saucepan with the garlic, sugar, and sufficient cold water to cover it. Let it come to the boil, then *simmer gently* for 3 to 4 hours ; take it out of the water and skin it *quickly*. If required *cold*, it should be returned to the saucepan and *left in* the liquor *until cool*.

N.B.—(1) Smoked beef is cooked in the same way, but does *not* require skinning. In serving, a few browned crumbs dusted over the beef is a great improvement.

(2) Either of these joints can be *glazed*.

## CALF'S FOOT JELLY.

*Ingredients* :—1 calf's foot.

2 lemons (rind of 1, juice of 2).

$\frac{1}{4}$  lb. loaf sugar.

2 eggs (whites and shells).

A few coriander seeds.

Cinnamon, cloves, allspice to taste.

2 quarts water.

$\frac{1}{2}$  pint sherry or other wine, according to the colour the jelly is required. (*This must be omitted when prepared in Board School Cookery Centres.*)

*Method* :—Remove all fat from the foot, cut it into 3 or 4 pieces, and place in a saucepan with the cold water. Put the saucepan on the fire, let it boil up, skim, and then stew gently for 8 to 9 hours ; afterwards strain into a basin. Allow the jelly to cool, and remove as much fat as possible with a spoon. The few particles that remain must be taken off with a towel dipped into hot water. Put the stock, wine, lemon juice and rind, sugar, eggs, and spice in a stewpan, and whisk over a fire until the jelly boils ; remove from the fire, and when quite off the boil bring it *again* to boiling-point, but *do not whisk* at all. Strain, *until clear*, into a jelly-bag, rinsed previously in boiling water. Rinse a mould with cold water, pour the jelly in, and set aside to cool.

N.B.—An equally nice (but less expensive) jelly can be made from *ox foot*, by the same method.

## APPLE WITH MERINGUE CRUST.

*Ingredients* :—4 or 5 large apples.  
 2 tablespoonfuls moist sugar.  
 1 tablespoonful cold water  
 Whites of 3 eggs.  
 6 oz. castor sugar.  
 A little salt.  
 Lemon rind.

*Method* :—Stew the apples with moist sugar, water, and rind until soft; put in a pie dish. Beat the whites to a stiff froth with the salt, then stir in very lightly the castor sugar. Heap upon the apples and bake a golden brown in a cool oven.

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## MERINGUES.

*Ingredients* :—Whites of 3 eggs.  
 6 oz. castor sugar.  
 A little salt.

*Method* :—Take about 8 or 9 strips of kitchen paper 4 inches wide and lay them on a flat board. Beat the eggs to a stiff froth, stir the sugar in lightly, take up the mixture in tablespoonfuls and place on the paper; sprinkle with sugar and bake in a slow oven until quite hard, about 1 hour. Remove the papers, scoop out the inside, and fill with cream.

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## APPLE JELLY.

*Ingredients* :—Sour apples.  
 Sugar and water.

*Method* :—Peel and core the apples, cover with cold water, and let them boil to a mash. Strain, but do not stir, through an old hair sieve. After this, to every pint of juice add 1 lb. loaf sugar.

Boil for  $\frac{1}{2}$  hour slowly, skim well, then put in moulds or bottle.  
 N.B.—This jelly is best made early in the season.

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## RED CURRANT JELLY.

*Ingredients* :—Fruit.  
 Sugar.  
 Water.

*Method* :—Pick the currants off the stalks, clean and put

them into a saucepan, cover with cold water and cook to a mash. Strain and proceed as for apple jelly.

## ONIONS AND TOMATOES.

*Ingredients* :—2 onions.

1 large tomato.

1 oz. dripping.

1 gill of water.

$\frac{1}{2}$  teaspoonful salt.

A little pepper.

*Method* :—Peel and cut the onions into rings, fry in the dripping, then add the water; simmer until tender. Cut up the tomatoes finely, add these with seasoning to the saucepan. Simmer for 5 minutes, turn on to a hot dish and serve.

N.B.—This could be cooked with butter instead of dripping, and makes a nice supper dish.

## COCOA NUT BISCUITS.

*Ingredients* :—3 whites of eggs.

4 oz. castor sugar.

$\frac{1}{2}$  lb. desiccated cocoanut.

1 oz. ground rice.

A little salt.

*Method* :—Whisk the whites of the eggs to a stiff froth, put the other ingredients into a clean basin, and mix well together, stir the whites in very lightly, shape into pyramids, place on a greased tin and bake in a moderate oven about 10 minutes. When done (they should be a pale brown) remove from the tin and put on to a sieve to cool.

N.B.—If desiccated cocoa nut is not at hand, a fresh one can be used, from which all the brown skin must be removed before grating.

## QUEEN CAKES.

*Ingredients* :—6 oz. butter.

6 oz. sugar.

6 oz. flour.

4 eggs (yolks).

2 eggs (whites).

$\frac{1}{4}$  teaspoonful baking powder.

3 oz. currants.

*Method* :—Beat the butter well, then add the sugar and beat until creamy. Separate the eggs, beat the yolks, and then add (one by one) to the basin, alternately with the flour. Stir in the currants (cleaned), the whites beaten to a stiff froth, lastly the powder.

Half fill some greased patty-pans (various shapes); bake in a quick oven for about 20 minutes, try with a skewer, and then put to cool.

### CABINET PUDDING.

*Ingredients* :— $\frac{1}{2}$  doz. sponge cakes (stale).  
 3 oz. maccaroons.  
 3 eggs.  
 1 pint milk.  
 1 oz. castor sugar.  
 Preserved cherries and citron.  
 A few currants.

*Method* :—Well grease a mould or basin with butter, decorate the bottom and sides with the fruit, line with the cakes; put the trimmings of the cakes and rest of the fruit into the mould. Beat the eggs well with the sugar, add the milk, and pour all into the mould, cover with a greased paper and steam slowly for 2 or 3 hours. Serve with sweet or German sauce. Flavour the custard with vanilla, or as preferred.

N.B.—This pudding can be served cold; if required for this purpose, dissolve  $\frac{1}{2}$  oz. vegetable isinglass in the milk, when making the custard.

### GERMAN SAUCE.

*Ingredients* :—2 eggs (yolks).  
 1 dessert-spoonful sugar.  
 1 wine glass sherry. (*This must be omitted when prepared in Board School Cookery Centres.*)

*Method* :—Put all the ingredients into a clean white saucepan and whisk over a slow fire until it becomes a thick froth. *It must not boil.*



## COCOANUT PUDDING (BOILED).

*Ingredients* :— $\frac{1}{4}$  lb. desiccated cocoanut (or 1 cocoanut grated).

$\frac{1}{4}$  lb. suet (chopped finely).

3 oz. sugar.

$\frac{1}{4}$  lb. bread crumbs.

3 eggs.

A little salt.

A little water (or milk *from the cocoanut*).

*Method* :—Mix the cocoanut with the bread crumbs, sugar, suet, beat the eggs in another basin ; if all are good, pour on to the dry ingredients, add the cocoanut milk or water, and pour into a greased mould or basin, cover with greased paper, and steam for 3 or 4 hours ; or it may be boiled, then it will require a cloth tied tightly over the paper, and take 1 hour less to cook.

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## COCOANUT PUDDING (BAKED).

*Ingredients* :— $\frac{1}{4}$  lb. desiccated cocoanut, or 1 cocoanut, skinned and grated.

2 oz. butter.

$\frac{1}{4}$  lb. bread crumbs.

2 or 3 eggs.

3 ozs. sugar.

1 gill of milk (about).

*Method* :—Put the cocoanut, butter, sugar and milk (that from the cocoanut will do) into a clean enamelled saucepan, and stir until quite warm, but be careful it does not burn. Let it cool a little, beat the eggs well, and stir them into the saucepan, then turn on to a greased tin or pie-dish. Bake in a moderate oven for about  $1\frac{1}{2}$  hours, or until firm at the top. Serve with sauce and dredge with sugar and cocoanut.

N.B.—It is always better to use desiccated cocoanut whenever possible.



## CASTLE PUDDINGS.

*Ingredients* :— $\frac{1}{2}$  lb. flour.  
 3 oz. butter.  
 3 oz. sugar (castor).  
 1 teaspoonful baking powder.  
 1 egg.  
 A little salt.  
 1 gill of milk (about).  
 Lemon rind chopped.  
 Jam or marmalade.

*Method* :—Grease some small moulds ; rub the butter and flour together until quite fine. Add to them the baking powder, sugar, rind, and mix well. Beat the egg with the milk and pour on to the dry ingredients, and mix thoroughly. Half fill the moulds, place them on a baking-sheet and bake in a hot oven about 15 to 20 minutes. Try them with a skewer ; if done, turn on to a dish, and place a little preserve on each.

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## RASPBERRY CREAM.

*Ingredients* :—4 eggs (whites).  
 1 lemon (juice).  
 $\frac{1}{2}$  lb. raspberry jam.  
 $\frac{1}{4}$  lb. castor sugar.

*Method* :—Rub the jam through a hair sieve into a basin, add lemon juice (strained) and the sugar. Whip the whites to a stiff froth, stir in lightly, then turn the cream into a glass dish and serve.

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## BEET-ROOT SOUP.

*Ingredients* :—1 large beet-root (boiled).  
 $1\frac{1}{2}$  pints stock (clear).  
 Salt and pepper to taste.  
 2 tablespoonfuls vinegar.

*Method* :—Put the beetroot (skinned) and stock into a saucepan, and boil until quite mashed. Rub through a sieve,

return to the sauepan, add vinegar, seasoning, and heat thoroughly. Serve in a warm tureen.

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## SAUERKRAUT.

*Ingredients* :—2 or 3 lbs. of sauerkraut.

A little vinegar.

Bone stock.

Pepper to taste.

Croûtons of fried bread.

*Method* :—Put the sauerkraut and liquor into a stewpan with sufficient stock to cover it, season and simmer gently for 6 to 7 hours, adding more stock, as the sauerkraut must not boil dry. When done add the vinegar; serve in a vegetable dish, with croûtons to garnish.

N.B.—If liked, forcemeat balls may be cooked with it; they will require simmering on the sauerkraut for  $\frac{3}{4}$  of an hour. It is then better served on a hot dish.

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## MUTTON CUTLETS.

*Ingredients* :— $1\frac{1}{2}$  to 2 lbs. of neck of mutton.

1 egg.

Bread crumbs.

Pepper and salt to taste.

Frying fat.

Any green vegetable in season.

*Method* :—Cut the meat into nice cutlets, trim carefully. Put the fat into a stewpan and place over a slow fire to heat. Beat up the egg well on a plate, put the crumbs on a piece of paper with salt and pepper. Dry the cutlets thoroughly, dip them into the egg, and then cover with crumbs, pressing on lightly. Fry in boiling fat; when done, drain on kitchen paper. Serve on a hot dish, round a mound of mashed potatoes, with the green vegetable in the centre.

CURRIED COD.

*Ingredients* :—1 lb. Cod (or other white fish) cooked.  
 1 apple (or a little of any *sour* fruit).  
 2 dessert-spoonfuls flour.  
 2 dessert-spoonfuls curry powder.  
 2 onions.  
 2 oz. butter.  
 1 pint of water (or fish liquor).  
 Salt and pepper to taste.  
 Juice of  $\frac{1}{2}$  a lemon.

*Method* :—Chop the onion, apple (or other fruit) very finely, and fry a golden brown in the butter. Then stir in the curry powder, flour, salt and pepper, gradually adding the liquid ; stir until it boils, then simmer gently for  $\frac{1}{2}$  an hour. Lastly stir in the lemon juice ; then add the fish (cut in nice pieces), and let it get hot through. Serve in a border of rice.

N.B.—This is a very economical and excellent method of serving the remains of cold fish.

## LIST OF UTENSILS.

Some Utensils that are considered requisite in a Cookery Centre for 24 girls, 12 practising at one time.

### BUTTER UTENSILS.

- |  |  |
|--|--|
| 1 Cream Jug.   | 1 Wash-up Pan (round).                       |
| 3 Cups and Saucers.  | 2 doz. Patty Pans ( $3\frac{1}{2}$ in.).     |
| 1 Colander (ware).   | 1 Preserving Pan.                            |
| 3 Egg Cups.  | 1 Set of Skewers.                            |
| 2 Glass Dishes.  | 6 Small Iron Spoons.                         |
| 8 Mixing Basins (white).                                       | 1 Saucepan (with lip enamelled,<br>1½ pts.). |
| 4 Pie Dishes ( $\frac{1}{2}$ pt., white).                      | 3 Saucepans (with lip enamelled,<br>2 pts.). |
| 2       "       (1½ pts., white).                              | 1 Saucepan (with lip enamelled,<br>6 pts.).  |
| 12 Large Plates (white).                                       | 1 large Jug for Milk.                        |
| 6 Soup Plates (white).   | <sup>2</sup> 1 Teapot.                       |
| 6 Pie Plates (white).  | <sup>2</sup> 1 Coffee Pot.                   |
| 2 Dishes (fish, white).  | 6 Tin Moulds (fluted).                       |
| 2 Small baking Sheets with an<br>edge round (9 in. by 12 in.). | 6 Tea Spoons.                                |
| 1 Set of Cake Tins.  | 1 Knife Board (small).                       |
| 2 Yorkshire Pudding Tins (10 in.<br>by 8 in.).                 | 3 Pastry Boards (oblong).                    |
| <sup>1</sup> 1 Set of Cutters (fluted).                        | 1 Pastry Brush.                              |
| 2 Frying Pans (small).   | 3 Rolling Pins (15 ins.).                    |
| 1 Frying Pan (large for fish).                                 | 1 Saucepan Brush.                            |
| 1 Fish Slice.  | 1 Wire Sieve.                                |
| 1 Fish Kettle.   | 6 Wooden Spoons (small).                     |
| 1 Gravy Strainer (conical).                                    | 1 Basket Lid for draining fish.              |
| 1 Gridiron (small).  | 6 Pudding Basins (white).                    |
| 12 Forks (white handles).                                      |  |
| 12 Knives (white handles).                                     |  |

### MEAT UTENSILS.

- |  |  |
|--|--|
| 1 Set of Skewers.                          | 1 Meat Dish (large edge).                      |
| 6 large Iron Spoons.                       | 2 Meat Dishes (small edge).                    |
| 1 Colander (tin).                          | 1 Vegetable Dish (coloured edge).              |
| 1 Basting Spoon.                           | 2 Baking Sheets (larger than<br>butter ones).  |
| 1 Glass Dish.                              | 2 Yorkshire Pudding Tins (11 in.<br>by 9 in.). |
| 8 Mixing Basins (yellow).                  | <sup>1</sup> 1 Set of Cutters (plain).         |
| 4 Pie Dishes ( $\frac{1}{2}$ pt., yellow). | 1 Set of Cook's Knives.                        |
| 2 Pie Dishes (1½ pts., yellow).            | 2 Frying Pans (large).                         |
| 12 Large Plates (coloured edge).           | 1 Slice.                                       |
| 6 Soup Plates (coloured edge).             |  |
| 6 Pie Plates (coloured edge).              |  |

- |   |   |
|---|---|
| 1 Gravy Strainer.                       | 1 Stewpan ( $6\frac{3}{4}$ in. by $3\frac{1}{8}$ in., steel). |
| 1 Gridiron ( <i>large</i> ).            | 6 Tin Moulds ( <i>plain</i> ).                                |
| 12 Forks ( <i>black handles</i> ).      | 6 Spoons ( <i>small for measuring</i> ).                      |
| 12 Knives ( <i>black handles</i> ).     | 1 Knife Board ( <i>large</i> ).                               |
| 1 Hook } ( <i>not required if</i>       | 3 Pastry Boards ( <i>square</i> ).                            |
| 1 Stand } <i>cooking by gas only</i> ). | 1 Pastry Brush.   |
| 1 Chopper.                              | 3 Rolling Pins ( $18\frac{1}{2}$ ins.).                       |
| 1 Wash-up Pan ( <i>oblong</i> ).        | 1 Saucepan Brush.   |
| 2 doz. Patty Pans ( $3$ in.).           | 1 Wire Sieve.   |
| 1 Saucepan ( $1$ pt., iron).            | 6 Wooden Spoons ( <i>large</i> ).                             |
| 2     "     ( $2$ pts.     "     ).     | 1 Basket Lid, or <i>Koshering Board</i> .                     |
| 1     "     ( $6$ "     ).              | 6 Pudding Basins ( <i>coloured</i> ).                         |
| 1     "     ( $8$ "     ).              | <sup>3</sup> 2 Tartlet Plates.                                |

## ARTICLES (VARIOUS).

- |                                 |  |
|---------------------------------|--|
| 1 Bread Pan.                    | 2 Nail Brushes.                            |
| 1 Salt Cellar.                  | 1 Onion Board.                             |
| 1 Pepper Box.                   | 2 Small Union Scrubbing Brushes            |
| 1 Set of Jugs.                  | 6 Kitchen Cloths ( <i>marked Butter</i> ). |
| 1 Water Can.                    | 3 Dish     "     "     "                   |
| 1 Bread Grater.                 | 24 Coarse Pinafores.                       |
| 1 Flour Dredger.                | 4 Jack Towels.                             |
| 1 Pair of Scissors.             | 1 Roller for Towels.                       |
| 1 Sugar Dredger.                | <sup>6</sup> 1 Spice Box.                  |
| <sup>4</sup> 1 Housemaid's Box. | 1 Stove Brush ( <i>hard</i> ).             |
| 1 Dust Pan.                     | 1 Stove Brush ( <i>soft</i> ).             |
| 1 Set of Measures.              | 1 Vegetable Brush.                         |
| 1 Pail.                         | 2 Trivets.                                 |
| 3 Plate Covers.                 | 2 Vegetable Knives.                        |
| 1 Tea Kettle ( $8$ pts.).       | 6 Kitchen Cloths ( <i>marked Meat</i> ).   |
| 1 Toasting Fork.                | 3 Dish     "     "     "                   |
| 2 Chamois Leathers.             | 6 Dusters.                                 |
| 2 Soap Boxes.                   | 24 Cooking Aprons ( <i>fine</i> ).         |
| 1 Set of Scales.                | 2 Towels for Instructress.                 |
| <sup>5</sup> 1 Flour Tub.       | 1 Wash-hand Basin ( <i>zine</i> ).         |
| 1 Long Broom.                   | <sup>7</sup> 12 Jars for Ingredients.      |

N.B.—Some of the above-mentioned utensils are not an *absolute necessity*, if other things can be *substituted* in their stead, as in those cases where a footnote is given.

<sup>1</sup> Use a Tumbler, Egg cup, or Wine glass.

<sup>2</sup> A Jug will answer quite well for making Tea or Coffee in.

<sup>3</sup> An old plate may be used.

<sup>4</sup> An empty Box, to be had at the grocer's for a small sum, may be used.

<sup>5</sup> A Butter Tub will do.

<sup>6</sup> *Small* empty tins with tight fitting lids are useful to keep spices in.

<sup>7</sup> Large-mouthed Jam jars, Marmalade, or Golden Syrup tins answer equally well.

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